
Yoga (Year 5)

Unit Overview

Summary

The aim of this unit is to practice the poses that pupils have learnt and introduce new poses. Pupils will explore visualisation, dynamic yoga, balance and poses with a partner.

The ethos behind the lesson plans encourages pupils' development of resilience and their self-awareness - pupils are increasingly encouraged to make choices in their yoga about what works for them and their body.

Prior learning

Pupils will have had three yoga sessions in each of the past four years. These followed the same structure as the following sessions, introducing several poses. If pupils have completed the Mindfulness unit, they will recognise some features of mindfulness within yoga practice.

All references to poses throughout the lessons are accompanied by images. Some lessons contain a link to downloadable large size yoga cards for display. Your school might wish to print and laminate one full set of these. Teachers will then need to select only those poses that the pupils have been taught during the sessions so far but it will save on multiple printing and laminating. A full set of images can be downloaded by [clicking this link](#).

Teachers might also want to print their own **mini** copy of the poses to use as a handy reference. This is available to download by [clicking this link](#).

Teaching Tips

- Timings in the lesson are based on sessions of 30 minutes.
- Pupils do not have to change into their PE kit, but will need to feel comfortable making the poses suggested, therefore PE clothes might be the best choice.
- Pupils should have bare feet to enable grip and movement of the feet.
- Safety: Mats are not necessary if the floor surface enables pupils to grip rather than slip on the floor. Mats will be more comfortable during relaxation and during some poses, if the floor surface is hard. If mats are used, pupils should be made aware of the need to take care if moving around the space so that they do not trip over the mat edges.
- The class teacher should use a clear signal for when the pupils must stop and show they are listening. A chime sound such as a triangle or xylophone chime is most appropriate in a yoga context with a soft, reverberating sound.
- A quiet and clear space with few distractions will help pupils to focus. For relaxation portions, ideally, there would be blankets available. But if this is not practical, pupils could have a soft toy to hug if this helps them to relax.
- You can make a lavender spray by mixing some water with a little lavender essential oil in a spray bottle. Use this during relaxation.
- You might wish to have a camera with you, particularly if your setting does not have mirrors for the pupils to see their own poses. You could use these to build up a personalised bank of pose cards.
- The aim of this unit is to introduce the idea of yoga as a means to focus on oneself, to learn some basic poses and relaxation techniques.
- Pupils should not pose in positions that are painful to them. For example, some pupils might find their knees hurt when they kneel. Variations are given in the lessons for some poses. When pupils use a variation for their own comfort, encourage them to use these variations in future without you directing them specifically. Use language such as 'you know your body, listen to your body' to help them connect with their own bodies and needs.
- To help pupils develop resilience, take care to praise for effort rather than only perfect poses. Some pupils will be much less flexible than others and find it harder to follow precise instructions but should be encouraged to persist and improve the areas in which they struggle.
- Assist pupils in making a success of their efforts by suggesting things that might help them to achieve. For example, an added cushion for some poses, a scarf to extend their reach if they cannot stretch far enough or using a wall to aid balance for others. Pupils will see that they all have individual strengths and weaknesses and that is completely normal, they can work on areas that they struggle with and see their own improvement.

Lesson 1 - Recap Poses (Year 5)

Lesson Overview

Learning Objectives:

To recap and review some poses they have learnt in previous sessions and add in a few new poses.

Success Criteria:

Pupils demonstrate that they have remembered some aspects of yoga from previous sessions.

Pupils' behaviour shows that they are familiar with the flow of a yoga session.

Key Vocabulary:

Balance, strength, abdominal, inhale, exhale, shin.

Equipment & Resources:

- See Teaching Tips section for further advice.

Required Downloads

- Print the pose cards from the poses that pupils have learned in past lessons (laminates if possible). Clicking on [this link](#) will download these cards as a pdf for printing. Pupils will be using these to create a routine revising the poses that they have learnt.

Introduction (5 minutes)

<div>1</div> <p>Do pupils remember doing yoga last year? Can any pupils remember poses that they learnt?</p> <div>2</div> <p>Has anyone continued to do any of the things that you learnt during yoga sessions such as concentrating on their breathing to energise or calm?</p> <div>3</div> <p>Ask pupils to walk slowly around the room focusing on the way their feet move when they walk. Focus on the way the heel touches the floor and the rest of the foot rolls onto the floor. Can pupils spread their toes when they touch the floor and stretch out every toe?</p> <div>4</div> <p>Now focus on the shoulders while you continue to walk, can you roll your shoulders back so that your spine is really straight? Feel your head being pulled towards the sky.</p> <div>5</div> <p>Now bring the focus to your abdominal area. Where is this? You have muscles here that support your back. Can you try to hold in these muscles while you walk. Don't hold your breath just try to imagine pulling your belly button into your body. Can you feel any effect on your back when you do this?</p> <div>6</div> <p>Explain that you are going to play a chime sound and that is the sign for the pupils to find a space on their own and sit in Easy (See resource 1) pose, or in Lotus (See resource 2) or Butterfly (See resource 3).</p>	<div>LEADERSHIP OPPORTUNITY</div> <p>Ask a pupil to demonstrate the movement of the foot and the meaning of rolling back your shoulders</p> <div>VARIATION</div> <p>Standing on the spot, pupils alternate bringing their body-weight onto their heels with toes raised and then onto their toes with toes spread, then raise heels to tip-toe and reverse and repeat.</p> <div>VARIATION</div> <p>Give pupils a choice when seated for relaxation about the way that they rest their feet; cross-legged, Butterfly, Lotus. Unless a pose requires a particular starting position.</p>
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Main (20 minutes)

- 1
- Ask pupils to think about how they are sitting. Rest your hands on your knees with the palms upwards. Can you straighten your back? Imagine you have a string attached to the top of your head, each time you breathe in, the string is pulling your spine up a little more, when you breathe out, keep the height that you gained. Let us take a few breaths, getting taller each time.
- 2
- Close your eyes, part your lips a little but keep them relaxed. Try to breathe in through your nose and out through your mouth gently with as little sound as possible. Give pupils a chance to try this for a few breaths. Now you are going to try to breathe in longer breaths. Try to count to 5 in your head slowly while you breathe in and then count to five slowly while you breathe out. Teacher to count aloud for a few breaths.
- 3
- Now we are going to do a routine of poses that you have learnt in past lessons. Try to move fluidly between the poses following my voice. In each pose you should try to take some breaths and really stretch into the pose, maintaining your balance.
- 4
- Come up into Mountain pose (**See resource 4**).
- 5
- Can you remember Washing Machine pose (**See resource 5**)? Stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body.
- 6
- Shake yourself dry and then come back to Mountain pose and take some deep breaths in through your nose and quietly out through soft lips. Bring your palms together touching your chest in Namaste (**See resource 6**).
- 7
- We are going to do something called Sun Salutations now. It is important to try and join your movements with your breath.
- 8
- Inhale and raise your arms straight up to the sky to salute the sun.
- 9
- Now exhale and bring your arms straight down in front of you as you bend at the hips. Can you hold the outer edges of your feet?
- 10
- Inhale and put your hands on your shins, keep your legs and spine straight and look up.
- 11
- Exhale and fold down again, trying to stretch your spine more.
- 12
- Inhale and as you lift your body up and stretch your arms back to the sky.
- 13
- Exhale and bring your arms down to your sides.
- 14
- Repeat the sun salutation a couple more times.
- 15
- Now fold forward into Ragdoll (**See resource 7**) pose.

VARIATION

If any pupil finds it hard to sit tall due to tight muscles or poor core strength, a cushion or folded blanket under the back of the hips might help.

VARIATION

Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.

TEACHER NOTES

Use the pose cards to remind the pupils of the poses that they have learnt.

- 16
- Bend your knees and put your hands on the floor. Step back with your left foot; your toes should be turned under touching the floor. You should now be in Runner pose (**See resource 8**). Check that your hands are either side of your front foot and your knee is above your foot.
- 17
- Step your right foot back as well to come into Plank pose (**See resource 9**). Pull your abdominal muscles in and keep you back really straight.
- 18
- Try to hold for a full breath and then bend your arms to lower to the floor.
- 19
- Inhale and straighten your arms, pulling your body up into Upward Dog (**See resource 10**). Look up and check that your shoulders are not hunched up.
- 20
- Turn your toes under and push your body up into Downward Dog (**See resource 12**). Walk the dog by pressing alternating heels to the ground and wag your tail by tilting your hips from side to side.
- 21
- Come into Child’s pose (**See resource 13**) to rest for a couple of breaths.
- 22
- Now turn onto your back and put your hands out with your fingers facing outwards from your body. Lift your tummy up as high as you can. You are now a Crab (**See resource 14**). Can you walk like a crab, keep your tummy muscles strong?
- 23
- Can you be a dancing crab by lifting a lowering your legs one at a time. Now put your bottom back down, hug your knees to your body and roll back gently being careful not to bang your head if you are not using mats.
- 24
- Stay lying on your back and stretch your feet straight up in the air into Candle pose (**See resource 15**). Can it feel relaxing to do this; your feet waving like candle flames in the air?
- 25
- Bend your knees and see if you can bring the soles of your feet together. Can you rub the soles against one another and the palms of your hands against one another while lying on your back. This is Cricket pose (**See resource 16**).
- 26
- Let’s move onto our last pose for today; Bow pose (**See resource 17**). Lie on your tummy and bend your knees to bring your feet into the air.
- 27
- Reach your hands behind you and grab your feet.
- 28
- Inhale and curl your spine up and look to the sky. Feel the stretch.
- 29
- Come back to lying for a couple of breaths then repeat.

TEACHER NOTES

You could use a digital camera to show pupils how straight their pose is and help them improve if you do not have mirrors available.

VARIATION

Cobra (**See resource 11**) is fine for those who cannot lift their body off the floor.

Conclusion (5 minutes)

<div>1</div> <p>Ask pupils to roll onto their backs into Savasana pose (See resource 18). Their body relaxed, feet floppy.</p>	<div>VARIATION</div> <p>If blankets are available, pupils should lie with a blanket over them. If you have cuddly toys, pupils can lie with the toy on their chest or tummy.</p> <div>TEACHER NOTES</div> <p>Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.</p>
<div>2</div> <p>Ask pupils to bend their knees and put their feet flat on the floor then open up their knees to relax them to the sides in Lying Butterfly pose (See resource 19).</p>	
<div>3</div> <p>Encourage them to relax their legs outwards to open up their hips but not to force them.</p>	
<div>4</div> <p>Bring the focus to their arms and shoulders, turn hands so that they face the ceiling, this should unroll any curved shoulders, so the shoulders relax more.</p>	
<div>5</div> <p>Close your eyes. Bring your focus to your breathing again. Let pupils relax for a few breaths. You could read a meditative poem at this time.</p>	
<div>6</div> <p>When the time is up say 'I am going to play the chime, listen carefully until you can no longer hear the chime and then take your focus back to your breathing.' Give pupils some time to do this.</p>	
<div>7</div> <p>Explain, 'I am going to ring the chime one more time, when you hear it, you should open your eyes, look around and roll onto your sides. Get up slowly and give your body a gentle shake to wake it up.'</p>	<div>LEADERSHIP OPPORTUNITY</div> <p>Make pupils responsible to tidying up any equipment used. Pairs fold blankets and others ensure they are collected neatly.</p>

Lesson 2 - Balance and Visualisation (Year 5)

Lesson Overview

Learning Objectives:

To explore some new poses that require balance. To be able to practise a yoga visualisation technique to relax.

Success Criteria:

Pupils can create follow instructions and hold new yoga poses.

Pupils can reflect upon how yoga makes their body and mind feel.

Key Vocabulary:

Spine, abdominal muscles, hips, calf, inhale, exhale, sacrum.

Equipment & Resources:

- Some loud, thumping music.
- See Teaching Tips section for further advice.

Introduction (5 minutes)

<div>1</div> <p>Explain that you are going to play a chime sound and that is the sign for the pupils to find a space on their own and sit cross-legged on the floor in silence in their preferred seated pose (Easy (See resource 1), Butterfly (See resource 3), Lotus (See resource 2)).</p>	<div>VARIATION</div> <p>Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.</p>
<div>2</div> <p>Once they are seated, ask pupils to close their eyes and rest their hands in their lap.</p>	
<div>3</div> <p>Explain that you are going to play the chime, this is the cue for them to put their hands on their shoulders until they can no longer hear the chime.</p>	
<div>4</div> <p>When they can't hear it, they should put their hands on their laps.</p>	
<div>5</div> <p>Play this a couple of times.</p>	
<div>6</div> <p>Ask pupils to tilt their heads to one side, then to the other. Flop their head forward and then roll it to one side and then roll it all the way to the other side. Do this slowly.</p>	
<div>7</div> <p>Now lengthen your breath by counting in your head '1, 2, 3, 4, 5' as you breathe in and then '5, 4, 3, 2, 1' as you breathe out. Feel your lungs fill and empty. Now we are going to slow down the breath. Breathe in through your nose, counting to 5 as before but try to slow your out breath so that you can count down from 10 in your head while you breathe out through your mouth. Try this a few times.</p>	<div>VARIATION</div> <p>If pupils have a blocked nose then they should continue to breathe in which ever way is comfortable, trying to fill up their lungs with deep, slow breaths.</p>

Main (20 minutes)

- 1
- Now, let's do an experiment. Try to stand in Tree pose (**See resource 20**).
- 2
- Teacher should then start having a chat with the class while they try to balance; times tables questions, football chat, what they had for dinner, what they did at the weekend etc. You could also play loud music and jog around clapping and distracting; make the mood very 'un-yoga'.
- 3
- Ask pupils to take their pulse and reflect upon how their heart is beating, how their breath is and how their body is feeling?
- 4
- Now calm the mood, come back into Mountain pose (**See resource 4**).
- 5
- Take some deep breaths and listen to their breathing calming.
- 6
- Now to come into tree pose properly: There are a few variations of this, and the main aim is a balanced strong tree so you should hold the pose in which you feel most balanced by following the next few steps.
- 7
- Look ahead of you and find a point on which to focus, looking at this point through the pose will improve your balance.
- 8
- Shift your weight over your left foot and point your right foot out to the side without moving it away from your left foot.
- 9
- Rest your right heel on your left ankle keeping your toes on the floor. This is Tree pose 1 (**See resource 20**).
- 10
- Now keep your balance and lift your right foot up to rest on the inside of your calf. This is Tree pose 2 (**See resource 20**).
- 11
- Your arms are your branches, grow them up to the sky. Keep looking at your focus point to keep your balance. Your arms should be straight. Check that you aren't hunching up your shoulders. When you are balanced, you can bring your hands together if you wish.
- 12
- Now you can try version 3 (**See resource 20**). Move your right foot as high up your left leg as you can. Balance for several breaths and then switch legs.
- 13
- Reflect again on the way their body and mind feel. Did calming, concentrating on breath and precise movements help them to physically pose?
- 14
- Now that you are calm and focused, let's try some power poses:
- 15
- Come up into Mountain pose.

TEACHER NOTES

This exercise aims to demonstrate to pupils the benefits of coming into poses in a mindful way. Read through this exercise yourself before running it.

EXTEND

Can pupils think of ways to use this to help them in everyday life situations?

16 Jump open your legs, and turn your right foot facing out to the right. Stretch your arms out to the sides and bend to the right side and rest your right hand on your right leg. Keep your other arm stretching up into the air. This is Triangle pose (**See resource 21**).

17 Repeat this on the other side.

18 Come back up into the Mountain pose and jump apart once again. This time point both feet to the right by swivelling on the spot and turning your body in the same direction. Bend your right leg and put your arms high above your head to take you into Warrior 1 pose (**See resource 23**). Check that your shoulders are not hunched up by rolling them back. How long can you hold this pose? Take a few breaths, holding steady.

19 Straighten your leg and take your arms back to your hips.

20 Turn your body to face forwards, your right foot should still be pointing to the right put your arms out straight to the sides.

21 Now bend your right leg and look towards your extended right arm without twisting your body in that direction. Can you bend the right leg more and keep your balance? This is Warrior pose number 2 (**See resource 24**). Do you feel like a strong warrior? Can you hold the pose for a few breaths?

22 Bring your hands down to your hips and turn your hips to face the direction of your front leg. Now bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you. Stretch both arms out in front of you. Feel the strength of your body. This is Warrior 3 (**See resource 25**).

23 Come back to mountain pose and try to perform a sequence moving though the warrior poses but to the left side.

VARIATION

If pupils are finding balance hard in triangle pose, they could try gate pose (**See resource 22**) and then go back to triangle.

TEACHER NOTES

You could use a digital camera to show pupils how straight their pose is and help them improve if you do not have mirrors available.

EXTEND

As you hold these poses, try to feel your power and strength. Feel your muscles and your breath supporting and balancing you.

Conclusion (5 minutes)

<div>1</div> <p>You have been on your feet a lot. Let's calm into relaxation now.</p>	<div>VARIATION</div> <p>If blankets are available, pupils should lie with a blanket over them.</p>
<div>2</div> <p>Lie on the floor in Savasana pose (See resource 18). Body relaxed, feet floppy.</p>	
<div>3</div> <p>You are going to use your imagination to help you relax today.</p>	
<div>4</div> <p>Think of a place that you would like to go; it can be real or imaginary, but it must be a nice place where you feel safe.</p>	
<div>5</div> <p>Imagine how you will travel there. Spend some time picturing yourself travelling there and arriving.</p>	
<div>6</div> <p>What sounds can you hear there? Spend some time listening to the sounds.</p>	
<div>7</div> <p>What smells are around you – do they remind you of anything? Where are they coming from – is there cooking? Nature?</p>	
<div>8</div> <p>How warm or cold do you feel there? Maybe you can feel the sun warming you or perhaps it is cold. Maybe it is cold outside but warm indoors?</p>	
<div>9</div> <p>Look around any objects near you. Think about how you would describe them to someone else. What do they feel like?</p>	
<div>10</div> <p>Are there any other people there? Do you greet each other? What do you say? How do you feel?</p>	
<div>11</div> <p>Now a ray of light is shining down on you, you can feel it through your body, light and warmth. When it touches you, your body relaxes at that point. The feeling starts at the tips of your fingers and toes and the top of your head, spreading inwards towards your heart.</p>	
<div>12</div> <p>Feel the light and warmth reaching your heart. It brings a feeling of love to you and the feeling is spreading out from you to everyone around you.</p>	
<div>13</div> <p>Relax and enjoy the feeling of love until I ring the chime to wake you up.</p>	

Lesson 3 - Dynamic Yoga (Year 5)

Lesson Overview

Learning Objectives:

To use yoga poses in a more dynamic way incorporating movement across a space.

Success Criteria:

Pupils compose a dynamic routine incorporating movement across the floor and partner poses.

Key Vocabulary:

Co-operation, partnership, balance, support, thigh, waist.

Equipment & Resources:

- See Teaching Tips section for further advice.

Required Downloads

- Print the pose cards from the poses that pupils have learned in past lessons (laminates if possible). Clicking on [this link](#) will download these cards as a pdf for printing. Pupils will be using these to create a routine revising the poses that they have learnt.

Introduction (5 minutes)

1	Begin by walking around concentrating on the way you walk. When I ring the chime, find a space to sit down cross-legged. Let pupils move around for a bit and then ring the chime.	
2	We are going to start with some massage today. What is massage and why is it beneficial to us?	
3	Often a person will massage another person, but you can also do it to yourself when you are feeling tired or having difficulty concentrating or if you have aches anywhere.	
4	Close your eyes and use your fingertips to massage the top of your head. Move your fingers in small circles with some pressure but not pressing in hard. Move your hands on your head to any areas that you haven't massaged.	
5	Now move your massaging to your forehead and the side of your head; your temples.	
6	Make circles around your eye sockets and eyebrows. Be gentle.	
7	Give your earlobes a massage and pull them gently. Massage the area just behind your earlobes.	
8	Now move your hands to the back of your neck and give it a massage and then move on to the parts of your back and shoulders that you can reach.	
9	Now hold your hands in your lap, massage each finger in turn, giving each finger a gentle tug when you finish massaging it.	
10	Now rub your hands together to make them warm and place them on your eyes. Take some slow breaths while like this then rest your hands in your lap again.	
11	Let your attention come back to the room before you open your eyes.	<div>PUPIL TALK</div> <div>How did it feel to give yourself a massage?</div>

Main (20 minutes)

<div>1</div> <p>Today you are going to get a chance to put together some of the poses that you have learnt in a more dynamic way. The idea is to put together a routine with a partner or a small group in which you start at one side of the room and use yoga poses to gradually move to the other side of the room.</p>	<div>TEACHER NOTES</div> <p>Allow pupils to pair up. If you have an uneven number, make a group of three, the group can take it in turns to pose or to direct the other two pupils or pose solo. Be aware that some pupils might not be comfortable with physical contact and should not be forced to do the poses with a partner.</p>
<div>2</div> <p>You made a similar routine last year. This time, I want you to concentrate particularly on cooperative poses (partner/pair poses). Draw pupils' attention to the pose cards with pair poses.</p>	
<div>3</div> <p>You should combine pair poses with individual poses.</p>	
<div>4</div> <p>You will need to think about how to transition from one pose to another and which poses can move well from one to another like on the routines that you have done before.</p>	
<div>5</div> <p>You will also need to think about the movement aspect.</p>	
<div>6</div> <p>You might choose to use a variety of lying, sitting and standing poses or to concentrate on one aspect. You might choose a theme such as animals or powerful poses, like we have done in the past. You can adapt individual poses to make them into pair poses.</p>	<div>LEADERSHIP OPPORTUNITY</div> <p>Ask a pair to demonstrate what you mean here by asking them to try a Double-tree pose (See resource 26) in which two people pose in tree pose but use each other for balance. Try different ways of doing this.</p>
<div>7</div> <p>Give pupils time to work out and demonstrate routines.</p>	

Conclusion (5 minutes)

<div>1</div> <p>Now let’s relax. Kneel facing each other sitting back on your heels. Bend forwards as if you were coming into Child's pose but put your hands on your partner’s shoulders. Keep your hands on your partners shoulders and relax down towards the ground; you might need to move apart a little to make room for each other's heads. See if you can relax down into this huddle pose to take a few breaths.</p> <div>2</div> <p>Now, release hands and shuffle back a little so you can come into Child’s pose (See resource 13) with your arms stretched out. Take some quiet breaths while you settle yourself down and stretch.</p> <div>3</div> <p>Close your eyes and just concentrate on your breathing for a few minutes.</p> <div>4</div> <p>After a few minutes, chime the chime and tell pupils to sit up slowly so they are sitting in a kneeling position facing their partner. Put hands together over their heart in Namaste position (See resource 6). This position represents a feeling of peace, respect and gratitude to those present. Say, “Namaste to your partner,” and give a little bow of your head to thank your partner.</p> <div>5</div> <p>Now push yourself up slowly and give your body a gentle shake to wake it up.</p>	<div>TEACHER NOTES</div> <p>Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.</p>
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Easy

Sitting cross legged or with knees out to the side and feet brought towards the body interlocked.



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Lotus

1. To sit in lotus, draw your right foot up onto your left thigh. The sole of your foot should be pointing up. This is half lotus.
2. Switch sides and repeat half lotus. It's important to switch sides in most poses to give both sides of your body equal practice.
3. Come back to half lotus and draw your other foot up to your thigh.
4. Try to stretch your spine straight and take some breaths in this pose.
5. Look at the images (lotus 1,2 & 3) to see various arm and hand options for this pose.



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Butterfly

1. Sit on the mat.
2. Bend your knees and put your feet on the floor.
3. Drop your knees to opposite sides so the soles of your feet are touching making your butterfly wings. Hold your toes lightly.
4. Sit up nice and tall.
5. Breathe in and lift up your knees.
6. Breathe out and drop your wings down.



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Mountain

1. Stand up tall and strong with hands by your sides and feet about hip-width apart.
2. Spine should be long with a straight back.
3. Breathe in and lift your shoulders up towards your ears, breathe out and rotate your shoulders backwards and down to lengthen your neck.
4. You are a strong mountain. The Mountain pose is the starting point of all standing poses in yoga.



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Washing Machine

1. Stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body.
2. Imagine washing out any anger or bad feelings like worries and hurt. These feelings are washing down your arms and down the drain. You are lighter now.
3. The cycle has finished so shake yourself dry and then come back to mountain pose and take some deep breaths in through your nose and quietly out through soft lips.



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Namaste

1. As a position, this refers to the positioning of the hands.
2. Palm to palm with fingers touching those of the opposite hand and pointing upwards.
3. Bring your hands to the centre of your chest.



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Rag Doll

Stand in mountain and bend forwards letting your arms and head hang down.



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Running

1. Stand in mountain then bend your knees and put your hands on the floor either side of your feet.
2. Take a big step back with your left foot, keeping your right foot and hands where they were.
3. Your right knee should be above your right foot. Check that your hands are either side of the front foot and your back leg is straight with your toes tucked under.
4. Face forwards and take some breaths.
5. VARIATION – To make a more challenging balance. Rest the hands on the forward knee.



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Plank

1. Make your arms strong and move your hands slightly forwards away from your knees.
2. Lift up your head and chest.
3. Curl your toes under and lift your knees off the floor.
4. Gradually walk your feet backwards a bit until your body is a straight line from your neck to your ankles, this is plank pose.
5. Hold this pose for a few breaths and then move back to table pose and then back to plank pose again.



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Upward Dog

1. From downward dog, breathe in and lower your body to the floor, keeping your toes tucked in and your arms straight.
2. Look up.



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Cobra

1. Lie on your front with your legs straight, pointed toes.
2. Put your hands on the floor under your shoulders.
3. Inhale and lift your chest up using your arms to push up.
4. Exhale and lower down.
5. Repeat.



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Downward Dog

1. Start in table pose and tuck your toes under.
2. Now straighten your legs and try to put your feet flat on the floor. Your bottom should be up in the air.
3. Relax your head down.
4. Try to keep this pose for a few moments feeling the stretch in the back of your legs and your spine. Keep your arms strong.



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Childs 1

Come into table pose and sit back on your feet but keeping your hands on the floor so your body and head is at rest.



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Crab

1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Put your hands on the floor behind you with your fingers facing outwards from your body.
4. Lift your tummy up as high as you can.



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Candle

Lie on your back and stretch your feet straight up in the air into candle pose.



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Cricket

1. Lie on your back and stretch your feet straight up in the air into candle pose.
2. It can feel relaxing to do this; your feet waving like candle flames in the air.
3. Bend your knees and see if you can bring the soles of your feet together.
4. Can you rub the soles against one another and the palms of your hands against one another while lying on your back.



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Bow

1. Lie on your tummy and bend your knees to bring your feet into the air.
2. Reach your hands behind you and grab your feet.
3. Inhale and curl your spine up and look to the sky. Feel the stretch.
4. Come back to lying for a couple of breaths then repeat.



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Savasana

Lying on your back, arms by your side, palms facing up to the sky.



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Lying Butterfly

1. Lie on the floor in Savasana pose. Body relaxed.
2. Bend your knees and put your feet flat on the floor then open up the knees to relax them to the sides in butterfly pose.



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Tree Pose

1. Stand with feet together. Look ahead of you and find a point on which to focus, looking at this point through the pose will improve your balance.
2. Shift your weight over your left foot and point your right foot out to the side without moving it away from your left foot.
3. Rest your right heel on your left ankle keeping your toes on the floor.
This is tree pose 1.
4. Now keep your balance and lift your right foot up to rest on the inside of your calf. **This is tree pose 2.**
5. Move your right foot as high up your left leg as you can. Stretch your branches up to the sky in **tree pose 3**. Balance for several breaths and then switch legs.

In any of the tree poses, your arms are your branches, grow them up to the sky. Keep looking at your focus point to keep your balance. Your arms should be straight. Check that you aren't hunching up your shoulders.



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Triangle

1. Stand in mountain pose.
2. Jump your legs out wide. Keep your toes pointing forward.
3. Turn the toes of your right foot outwards and reach your arms out to the sides.
4. Bend to the right side and rest your right hand on your right leg.
5. Keep your other arm stretching up into the air.
6. VARIATION – While in triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.



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Gate

1. Start on your knees.
2. Stretch your right leg out to the side with pointed toes.
3. Make sure that your knee is pointing to the sky.
4. Stretch your arms to the sides to make the gate.
5. Open the gate by bending at the waist to the right and putting your hand on your outstretched knee with your other arm facing up.
6. Look at your top hand.
7. Repeat on the other side.



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Warrior 1

1. Start in mountain pose and jump your legs apart.
2. Point both feet to the right by swivelling on the spot and turning your body in the same direction.
3. Bend your right leg and put your arms high above your head to take you into warrior 1 pose.

How long can you hold this pose?



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Warrior 2

1. Start in mountain pose and jump your legs apart, point your right foot to the side and put your hands out to the sides.
2. Bend your right leg and look towards your extended right arm without twisting your body in that direction.

Can you bend the right leg more and keep your balance?



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Warrior 3

1. From mountain pose, jump your legs apart. Swivel your feet to point towards the right.
2. Put your hands on your hips and turn your hips to face the direction of your right leg.
3. Bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you.
4. Stretch both arms out in front of you. Feel the strength of your body. This is warrior 3.



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