
Yoga (Year 6)

Unit Overview

Summary

The aim of this unit is to practise the poses that pupils have learnt and introduce new poses. Pupils will explore the spine, twisting and stretching techniques and visualisation techniques.

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 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 - Yoga Breathing (Year 6)

Lesson Overview

Learning Objectives:

To explore breathing methods to calm the body and mind. To recap and review some poses they have learnt in previous sessions and add in a few new poses that flex the spine.

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:

inhale, exhale, core, spine.

Equipment & Resources:

- See Teaching Tips section for further advice.

Required Downloads

- Print the pose cards from the poses that children 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>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>2</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>3</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>4</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>5</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 but stay standing.</p> <div>6</div> <p>When pupils have found their space, ask them to practise the Washing Machine pose (See resource 1) to get their blood pumping faster.</p> <div>7</div> <p>Now for some conductor breaths. Stand in Mountain pose (See resource 2) and widen your legs a little.</p> <div>8</div> <p>Breathe in through your nose at the same time as bringing your arms up in front of you (See resource 3) (1), out to the sides (See resource 4) (2), up over your head (See resource 5) (3).</p> <div>9</div> <p>Then breathe out through your mouth while letting your arms and torso fall between your legs; bending your legs slightly (4) (See resource 6).</p> <div>10</div> <p>Repeat this twice more before coming to rest in Ragdoll pose (See resource 7) then rolling slowly back to Mountain pose (See resource 2).</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>TEACHER NOTES</div> <p>Some poses are referred to simply by name as pupils will be familiar with them. Use the pose cards for extra guidance.</p> <div>TEACHER NOTES</div> <p>Pupils might feel dizzy if they do this too many times or too quickly, if they do then they should lie down to recover their balance.</p>
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Main (20 minutes)

- 1

We are going to do some Sun Salutations now. It is important to try and join your movements with your breath.
- 2

Inhale and raise your arms straight up to the sky to salute the sun.
- 3

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?
- 4

Inhale and put your hands on your shins, keep your legs and spine straight and look up.
- 5

Exhale and fold down again, trying to stretch your spine more.
- 6

Inhale and as you lift your body up and stretch your arms back to the sky.
- 7

Exhale and bring your arms down to your sides.
- 8

Repeat the sun salutation a couple more times.
- 9

Now sit in Easy pose (See resource 8), Lotus (See resource 9) or Butterfly (See resource 10).
- 10

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.
- 11

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.
- 12

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.
- 13

Lie on your back. Stretch your legs out firmly and press your thighs into the floor with your toes pointed up as if you were standing. Stretch your arms down by your sides. This is called Lying Mountain pose.

VARIATION

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.

VARIATION

If any pupils 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.

- 14 Curl up your knees and grasp them to your chest. Roll your head towards your knees to bring you to Ball pose (**See resource 11**). Can you touch your knees with your nose? Do you feel your core muscles working?
- 15 Now come into Table pose (**See resource 12**). Can you remember how to come into cow, moved to scared cat and back to cow? Move into Cow pose (**See resource 13**) by arching the back down with the belly-button towards the floor. Lift your head up to the sky, breathe in and give a long 'moo' when you exhale.
- 16 Inhale while you rotate your spine into an arch away from the floor and drop your head to look towards your belly button in Scared Cat (**See resource 14**).
- 17 Exhale and come into cow. Repeat this rotation a few times. Feel the stretch and movement in your spine.
- 18 Come back to table and turn your toes under pushing your bottom up into Downward Dog pose (**See resource 15**).
- 19 Walk the dog and wag your tail.
- 20 Now, keep your arms strong and bring your spine into a straight line from neck to feet to come into Plank (**See resource 16**).
- 21 Drop your body all the way down into Cobra (**See resource 17**) (body touching the floor) or Upward Dog (**See resource 18**) (body suspended between your hands and feet).
- 22 Come back to Downward Dog (**See resource 15**).
- 23 Now come to kneeling but do not sit back on your legs.
- 24 Bring your hands to your lower back with your fingers pointing downwards.
- 25 Inhale and open up your chest. Now try to reach back with one hand to grasp your heel. Then repeat with the other hand to bring yourself to Camel pose (**See resource 19**).
- 26 Press your hips forward and lift your chin to the sky. Take a few breaths like this then move one hand at a time to your lower back to support you as you straighten up.
- 27 Come into Child's pose (**See resource 20**) to rest for a few breaths. Then come back to Camel and back to Child's pose.
- 28 Let's move onto our last pose for today; Bow pose (**See resource 21**). Lie on your tummy and bend your knees to bring your feet into the air.
- 29 Reach your hands behind you and grab your feet.
- 30 Inhale and curl your spine up and look to the sky. Feel the stretch.

VARIATION

If pupils cannot reach their heels, they can try turning their toes under to bring their feet up a bit.

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Come back to lying for a couple of breaths then repeat.

Conclusion (5 minutes)

<div>1</div> <p>Ask pupils to roll onto their backs into Savasana pose (See resource 22). Their body relaxed, feet floppy.</p>	<div>VARIATION</div> <p>If blankets are available, pupils should lie with a blanket over them. Some pupils will benefit from a weight upon them when they relax such as a heavy blanket tucked under their body to enclose them. Encourage individual choice in this so that children find what feels best for them.</p>
<div>2</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>3</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>TEACHER NOTES</div> <p>Use the lavender spray during relaxation to make the relaxation a multi-sensory experience</p>
<div>4</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>5</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 - Twisting and Stretching and Partner Poses (Year 6)

Lesson Overview

Learning Objectives:

To explore some new poses both individual with a partner. To practise some twisting and stretching techniques to loosen tight muscles.

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, diaphragm, inhale, exhale, hips, abdominals.

Equipment & Resources:

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

Introduction (5 minutes)

<div>1</div> <p>Come into Child’s pose (See resource 20), knees open, relax take some breaths.</p>	
<div>2</div> <p>Come to sitting, take some breaths in through your nose and out through your nose with a closed mouth. Use these breaths to help you sit up tall and stretch your spine.</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>3</div> <p>Try some shallow breaths, imagine just breathing into your nose and out 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>
<div>4</div> <p>Now put one hand on your chest and breathe slightly deeper, feel your chest raise and lower.</p>	
<div>5</div> <p>Now put your other hand on your tummy near your belly button. Try to feel your tummy filling up first with breath then your chest, then your nose. Exhale your breath from your nose then chest then tummy. Repeat a few times.</p>	
<div>6</div> <p>Now for fire breath. Rest your hands on your knees. Breathe in and out through the nose quite quickly so you are pumping your breath out forcefully. Can you feel your diaphragm tensing?</p>	<div>VARIATION</div> <p>You can also do this breath with your tongue out; and panting the breath out like a dog.</p> <div>TEACHER NOTES</div> <p>Tell pupils to stop if they feel light-headed at all and take some slow deep breaths.</p> <div>PUPIL TALK</div> <p>Discuss how mindful breathing makes you feel. How this is a techniques you can use at any time, anywhere especially if you are feeling worried, stressed or angry.</p>

Main (20 minutes)

- 1

Now come to Mountain pose (**See resource 2**). Inhale and reach up your arms.
- 2

Exhale and drop your hands to the sides and then bend through at the hips to let your head hang down in Ragdoll (**See resource 7**).
- 3

Clasp your elbows with your opposite hands. Try to rotate your body a bit to loosen up.
- 4

Unclasp your arms and gradually roll your body up from your hips, to your chest, to your neck until you are upright again.
- 5

Come into Table pose (**See resource 12**). Stretch one leg straight behind you and then pull in your abdominal muscles and stretch the opposite arm in front of you in marching horse. Hold for a few breaths and then swap sides.
- 6

Come into Child’s pose (**See resource 20**) and when you are ready, come up into Downward Dog (**See resource 15**).
- 7

Jump your feet forwards and then roll up into mountain.
- 8

We are going to do a Warrior pose routine now so feel your strength and power to hold these poses.
- 9

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 23**).
- 10

Repeat this on the other side.

VARIATION

Pupils could pair up and try to mirror their warrior poses. When there are no mirrors available, looking at a partner can help them to self-correct poses or advise their partner e.g. “you are bent forward, try looking up to the ceiling to get your body straight”.

VARIATION

If pupils are finding balance hard in Triangle pose, they could try Gate pose (**See resource 24**) and then go back to triangle.

EXTEND

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.

TEACHER NOTES

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

- 11
- 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 25**). 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.
- 12
- Straighten your leg and take your arms back to your hips.
- 13
- Turn your body to face forwards, your right foot should still be pointing to the right put your arms out straight to the sides.
- 14
- 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 26**). Do you feel like a strong warrior? Can you hold the pose for a few breaths?
- 15
- 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 27**).
- 16
- Come back to Mountain pose and try to perform a sequence moving though the warrior poses but to the left side.
- 17
- Now you are well balanced. We will try Giraffe pose (**See resource 28**) that requires movement and balance. Inhale and bring your arms up to the sky and point your right leg in front of you with your toes off the floor. Move slowly and mindfully to keep your balance.
- 18
- Keep your legs straight and, when you exhale, fold your body forwards to bring your hands down over your front leg.
- 19
- Steadily, raise up and place your pointed foot down, pointing your other leg to repeat and maintain a 'giraffe walk'.
- 20
- Stand back in Mountain pose and move into Downward Dog (**See resource 15**).
- 21
- Now turn onto the outside edge of your right foot and shift your weight onto your right hand.
- 22
- Turn your body to the left to come into Flag pose (**See resource 29**) with your legs stacked on top of one another and your left arm in the air.
- 23
- Switch sides.
- 24
- Come to rest in Savasana pose (**See resource 22**).

PUPIL TALK

How long can you balance like this?

Conclusion (5 minutes)

1	We are going to do some twists and stretches as a cool down today. In each, think about which muscles are being stretched. If you feel any discomfort in your body then concentrate on this area when you stretch. Breathe fresh air in to the area and exhale the pain to help the muscles unwind.	
2	Sit up and reach your arms up to the sky with your palms touching.	
3	When you exhale, bend your body to the right, put your right arm down to the floor and your left arm curved over your head in Crescent Moon pose (See resource 30).	
4	Inhale up and exhale down to the other side. Repeat this a few times.	
5	Put your arms down and bring your right hand to your left knee. Twist your body to the left and place your left hand on the floor behind you in a Sitting twist (See resource 31). Take some deep breaths and try to twist a little more each time.	
6	Come back to centre and repeat this in the other direction.	
7	Now, lie down on your back. Place your feet flat on the floor with your knees bent.	
8	Stretch your arms out to the sides, make sure you're your shoulders are not hunched and are lying on the floor.	
9	Inhale and then, as you exhale, drop your knees to one side and turn your head to look at the opposite side in a reclining twist (See resource 32).	
10	Rest here for a couple of breaths and then bring your knees up and repeat on the other side. Make sure that you keep your shoulders touching the floor.	
11	Our last stretch is the Slide (See resource 33). Sit up with your legs out in front of you. Put your hands on the floor behind you. Keep your legs straight with pointed toes.	
12	Feel your strong arms and lift your body off the floor. Can you feel your core muscles tensing to hold you up? Take a few breaths like this before coming down and repeating.	

Lesson 3 - Visualisation (Year 6)

Lesson Overview

Learning Objectives:

To play a game demonstrating knowledge of poses and transitions between poses. To use visualization techniques for relaxation.

Success Criteria:

Pupils can demonstrate their knowledge of a variety of yoga poses showing regard for the transition between the poses.

Pupils demonstrate that they have developed some techniques to calm themselves.

Key Vocabulary:

Co-operation, expand, contact, visualisation.

Equipment & Resources:

- Sounds of the seaside would be an appropriate background sound to listen to during the visualisation if available.
- See the Teaching Tips section for further advice.

Required Downloads

- Print the pose cards from the poses that pupils have learned in past lessons (lamine if possible). Clicking on [this link](#) will download these cards as a pdf for printing.

Introduction (4 minutes)

<div>1</div> <div>Ask pupils to walk slowly around the room. While they are doing this, explain that as this is their last session and they have now learnt a broad range of yoga techniques, this lesson is going to be a chance for them to see how much they have learnt and to practise their favourite poses.</div>	<div>VARIATION</div> <div>Do pupils apply these techniques to their everyday life? When can they help? What do they assist with physically and mentally?</div>
<div>2</div> <div>As a warm up they are soon going to be doing some running around to get their heart rates up. When they hear the chime, they should find a place to sit by themselves and practise any of the methods that they have used in the past to slow their breathing and to get into a good mental frame of mind to begin yoga.</div>	
<div>3</div> <div>Instruct pupils to run around or dance to some loud music or any other exercise to bring their hear rate up. Then ring the chime.</div>	
<div>4</div> <div>Allow pupils time to try techniques to calm and then spend a few minutes discussing the techniques that pupils used (breathing, stretching, massage, visualisation).</div>	

Main (15 minutes)

1	Now we are going to play a game where the ‘callers’ will select a pose and the class need to get into that pose. The callers will need to give a starting position e.g. Mountain pose, Table pose, sitting cross legged (Easy pose) and then think of two or three positions that they will ask the class to do. The class should try to find a fluid transition from one position to the next.	
2	Split the class into groups of 3 or 4 pupils and decide which groups will plan (a) sitting, (b) standing, (c) partner and (d) stretch poses. Give them access to the relevant pose cards.	
3	Give groups a few minutes to plan which poses they will call. The groups can take it in turns to lead the class. Through the sequence of sitting, standing, partner and stretching poses.	

Conclusion (10 minutes)

<div>1</div> <p>Ask pupils to select their own position for relaxation (Savasanna (See resource 22), Child’s (See resource 20), Butterfly (See resource 34)). Close your eyes.</p> <div>2</div> <p>Explain that we will be doing a visualisation exercise to relax.</p> <div>3</div> <p>Take a breath through your nose and exhale gently though your mouth. Repeat a few times. Feel your lungs expand and contract.</p> <div>4</div> <p>Imagine that you are on a sandy beach on a warm day. You are alone. Can you hear the waves gently lapping in and out as you inhale and exhale? Hear some gulls over head calling to one another.</p> <div>5</div> <p>Now imagine you are walking along the tide line. Feel the wet sand between your toes as you walk along. Look along the beach, see the gentle waves lapping. Look to the horizon and see the sun glinting off the sea. In the far-off distance you might see boats silently drifting on the sea.</p> <div>6</div> <p>You are feeling calm, relaxed and peaceful. The breeze is blowing softly in your hair and the sun is warming you.</p> <div>7</div> <p>The sea cools your feet as you step. Look out to sea and watch the white foam at the top of the waves appearing and dispersing.</p> <div>8</div> <p>You are breathing in time to the waves and feel at one with the breath of the world.</p> <div>9</div> <p>Ahead of you. You see a hammock on the beach. You lie in the hammock. Feel it gently sway with the breeze and with your breath.</p> <div>10</div> <p>Feel your body relax into the hammock. Any aches that you have been walking with melt away into the hammock and off on the breeze. Relax your body completely into the hold of the hammock. You feel very secure and safe.</p> <div>11</div> <p>You realise that the hammock is floating rather than being anchored to the sand. As you inhale, you are floating up with the hammock.</p> <div>12</div> <p>Imagine where you would like to float to; over the sea or along the beach or even higher into the peaceful sky.</p> <div>13</div> <p>You are free to float in the sky wherever you wish, you know that you are safe. Float for a while leaving the hammock behind.</p> <div>14</div> <p>Your body is light, relaxed and can move with little effort. Stay in the sky or float gently back to the sand and sit by the shore. Hear the waves and the gulls and feel the warmth giving you energy.</p>	<div>TEACHER NOTES</div> <p>Use the soundtrack (if available) during the meditation to help pupils visualise.</p>
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15	Give pupils time to relax and then ring the chime to bring their awareness back to the present. Ask pupils to wiggle their toes, stretch their arms and then open their eyes.	
16	Roll onto their sides and come to sitting in easy pose. Greet the class with 'namaste' as an ending to the session.	



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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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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Conductor breath 1

Stand in mountain pose and widen legs a little.
Breathe in through your nose at the same time as bringing
your arms up in front of you.



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Conductor breath 2

While still breathing in, bring your arms out to the sides.



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Conductor breath 3

Continue your in-breath and bring your arms up.



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Conductor breath 4

Then, breathe out through your mouth while letting your arms and torso fall between your legs; bending your knees slightly.



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Rag Doll

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



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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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Ball

1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Wrap your arms around your knees and then gently roll back.
4. Try to use your tummy muscles to roll forwards again.



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Table

1. This begins by kneeling and sitting back on your heels with a straight back.
2. Put your hands on the floor in front of you and come up onto your hands and knees. Your knees should be hip-width apart and your hands should be flat on the floor with your fingers facing forwards.
3. Make sure that your hands are below your shoulders, not further forwards or backwards or too close or far apart.
4. Your spine should be straight from the bottom of your neck to your bottom.



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Cow

1. Start in table pose, curve your spine towards the floor so your tummy hangs down.
2. Lift your head so you are looking forwards and upwards.



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Scared cat

1. Start in table pose. Drop your head down so your chin touches towards your chest and you look towards your belly button.
2. Arch your back slowly so that it curves up.



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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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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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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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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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Camel

1. Come to kneeling but do not sit back on your legs.
2. Bring your hands to your lower back with your fingers pointing downwards. Inhale and open up your chest.
3. Now try to reach back with one hand to grasp your heel.
4. Then repeat with the other hand.
5. Hold and stretch for a few breaths.
6. Press your hips forward and lift your chin to the sky.
7. Take a few breaths like this then move one hand at a time to your lower back to support you as you straighten up.



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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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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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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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Giraffe

1. "Inhale and bring your arms up to the sky and point your right leg in front of you with your toes off the floor."
2. Keep your legs straight, when you exhale, fold your body forwards to bring your hands down over your front leg.
3. Steadily, raise up and place your pointed foot down, pointing your other leg to repeat and maintain a 'giraffe walk'."



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Flag

1. Stand back in mountain pose and move into downward dog.
2. Now turn onto the outside edge of your right foot and shift your weight onto your right hand.
3. Turn your body to the left to come into flag pose with your legs stacked on top of one another and your left arm in the air.
4. Switch sides.



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Crescent Moon

1. Sit up and reach your arms up to the sky with your palms touching.
2. When you exhale, bend your body to the right, put your right arm down to the floor and your left arm curved over your head in crescent moon pose.
3. Inhale up and exhale down to the other side.
4. Repeat this a few times.



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Sitting Side Twist

1. Put your arms down and bring your right hand to your left knee.
2. Twist your body to the left and place your left hand on the floor behind you in a sitting twist.
3. Take some deep breaths and try to twist a little more each time.
4. Come back to centre and repeat this in the other direction.



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Reclining Twist

1. Lie down on your back.
2. Place your feet flat on the floor with your knees bent.
3. Stretch your arms out to the sides, make sure your shoulders are not hunched and are lying on the floor.
4. Inhale and then, as you exhale, drop your knees to one side and turn your head to look at the opposite side in a reclining twist.
5. Rest here for a couple of breaths and then bring your knees up and repeat on the other side. Make sure that you keep your shoulders touching the floor.



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Slide

1. Sit up with your legs out in front of you.
2. Put your hands on the floor behind you.
3. Keep your legs straight with pointed toes.
4. Feel your strong arms and lift your body off the floor.
Can you feel your core muscles tensing to hold you up?
5. Take a few breaths like this before coming down and repeating.



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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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