

PE YOGA

Task Cards

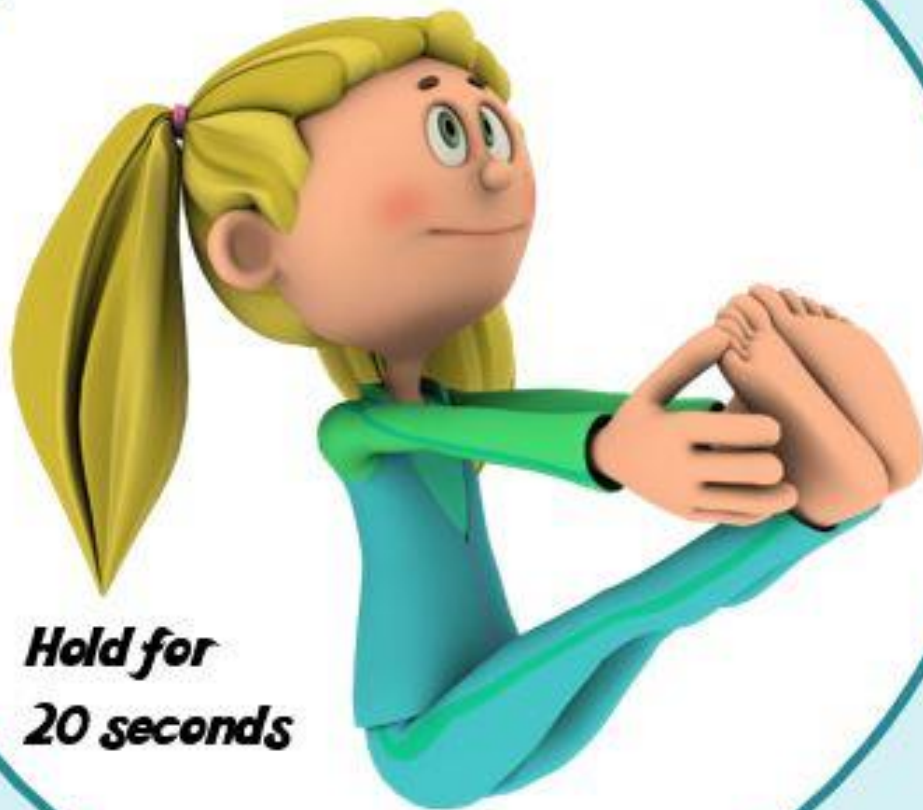
Mindfulness at Home



Distance Learning Series

BOAT POSE

LOOK OUT AT
A FOCAL POINT



*Hold for
20 seconds*

5 TIMES

From a sitting position, lean back and slowly raise your legs up and off the ground. Stretch your arms out towards your feet and hold the position.

1

YOGA Poses for Home



CHILD'S POSE

**BREATHE
AND
RELAX**



*Hold for
20 seconds*

5 TIMES

Sit back on your heels and roll your midsection forward. Bring your forehead to rest on the ground in front of you. Stretch downward and extend your arms in front.

2

YOGA Poses for Home



MOUNTAIN POSE



*Hold for
20 seconds*

**STAY TIGHT
AND STRAIGHT**

5 TIMES

Stand tall with your feet together. Keep your shoulders relaxed and raise your hands over your head with your palms facing each other. Reach up high!

3

YOGA Poses for Home



SALUTATION



STAY TIGHT
AND STRAIGHT

*Hold for
20 seconds*

5 TIMES

Stand tall with your feet together. Take a deep breath and bring your palms together, facing each other with your arms in a straight line across your body.

4

YOGA Poses for Home



BHARADVAJA'S TWIST

LEFT HAND
GOES BEHIND
YOUR BODY

RIGHT HAND
GOES ON THE
GROUND

*Hold for
15 seconds*

3 TIMES
EACH SIDE

From a sitting position, shift your weight to your left side, then bend your knees and bring your legs to the right. Twist and hold your upper torso to the left.

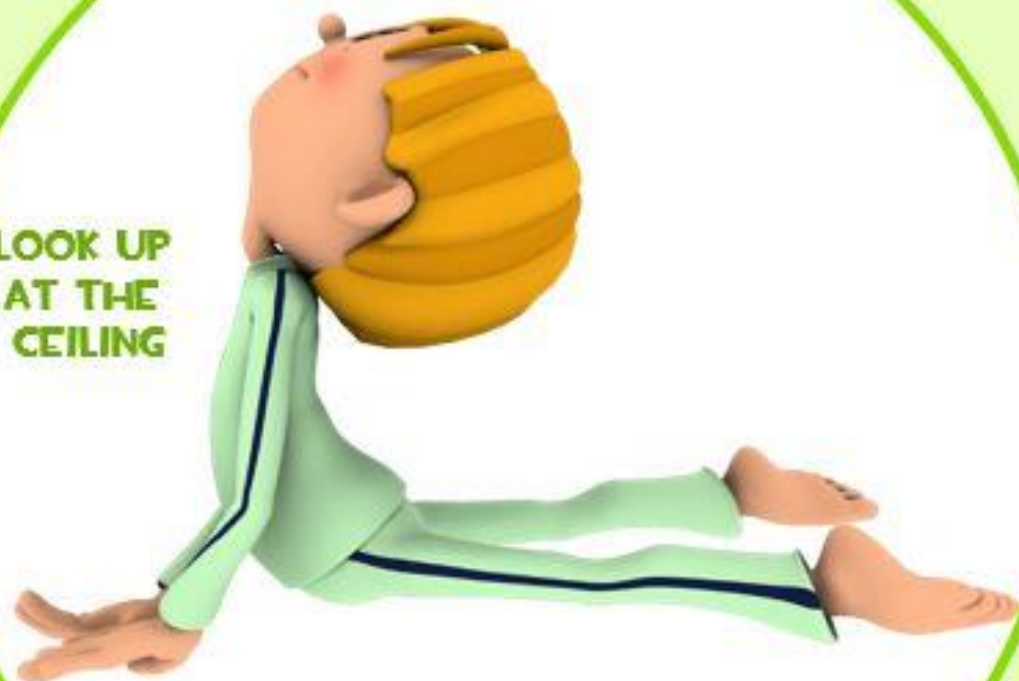
5

YOGA Poses for Home



COBRA POSE

LOOK UP
AT THE
CEILING



*Hold for
20 seconds*

5 TIMES

Lying facedown on the floor, tighten your core and push your hips downward. Press your shoulders down and raise your chest toward the wall in front of you.

6

YOGA Poses for Home



TRIANGLE POSE



Extend your arms out to your sides and bend over your left leg. Move your left hand towards the floor and extend your fingertips of your right up to the ceiling.

7

YOGA Poses for Home



CROW POSE



Press your palms to the floor and walk your feet forward until your knees touch your arms. Bend your elbows and lift your heels up and off the floor. Toes stay on the floor.

8

YOGA Poses for Home



HEAD TO KNEE FORWARD BEND

*Hold for
15 seconds*



HOLD THE POSE
AND BREATHE

3 TIMES
EACH LEG

Sit down and bring the sole of your right foot to the inside of your left thigh. Hinge forward from your hips and fold over your left leg. Extend your arms forward.

9

YOGA Poses for Home



LOTUS POSE



Sit down and bend your right knee toward your body. Lift your left ankle up and across to the crease of your right hip. Cross your right ankle over the top of your left shin.

10

YOGA Poses for Home



HALF LORD OF THE FISHES



Sit down and bend both knees, placing the soles of your feet flat on the floor. Drop your right knee to the floor. Tuck your right foot under your left leg and twist your body.



COW FACE POSE



**BREATHE
AND
RELAX**

***Hold for
20 seconds***

5 TIMES

Sit down and bring your right leg underneath your left leg. Reach your right arm down your upper back and cross your left arm around and up from your lower back. Hold the pose.

12

YOGA Poses for Home



TREE POSE



***Hold for
15 seconds***

**TRY RAISING
YOUR ARMS
UP OVER
YOUR HEAD**

**3 TIMES
EACH LEG**

Shift your weight onto your right leg and place the sole of your left foot inside your right thigh. Bring your hands in front of you in a prayer position with your palms together.

13

YOGA Poses for Home



UPWARD DOG

LOOK UP
AND OUT



*Hold for
20 seconds*

5 TIMES

Place your hands on the floor alongside your body. Keep your elbows in close and press down through your hands. Straighten your arms and lift your torso slightly off the floor.

14

YOGA Poses for Home



SEATED TWIST



HOLD THE
TWISTED
POSITION

*Hold for
15 seconds*

3 TIMES
EACH SIDE

Cross your left foot over the outside of your right thigh and bend your right knee. Place your right elbow outside your left knee and your left hand on the floor. Twist your body.

15

YOGA Poses for Home



WARRIOR POSE



With your legs apart, turn your left foot out 90 degrees and your right foot in slightly. Extend your arms out to the sides and bend your right knee to 90 degrees.



LOW LUNGE



3 TIMES
EACH SIDE

Take a giant step forward and bend your front knee to 90 degrees. Keep your front shin upright to the floor and place your arms straight up over your head.

17

YOGA Poses for Home



FIRE LOG POSE

*Hold for
20 seconds*



**FLEX YOUR
FEET AND
PRESS THROUGH
YOUR HEELS**

5 TIMES

Sit down and bring your right ankle to rest just above your left kneecap. Slide your left shin beneath your right shin. Bring your left ankle directly underneath your right knee.

18

YOGA Poses for Home



PIGEON POSE



GAZE SLIGHTLY
DOWNWARD

*Hold for
15 seconds*

3 TIMES
EACH SIDE

Bring your left knee between your hands and place your left ankle near your right wrist. Extend your right leg behind you and balance your weight evenly.

19

YOGA Poses for Home



EASY POSE

*Hold for
20 seconds*

LENGTHEN
YOUR SPINE



5 TIMES

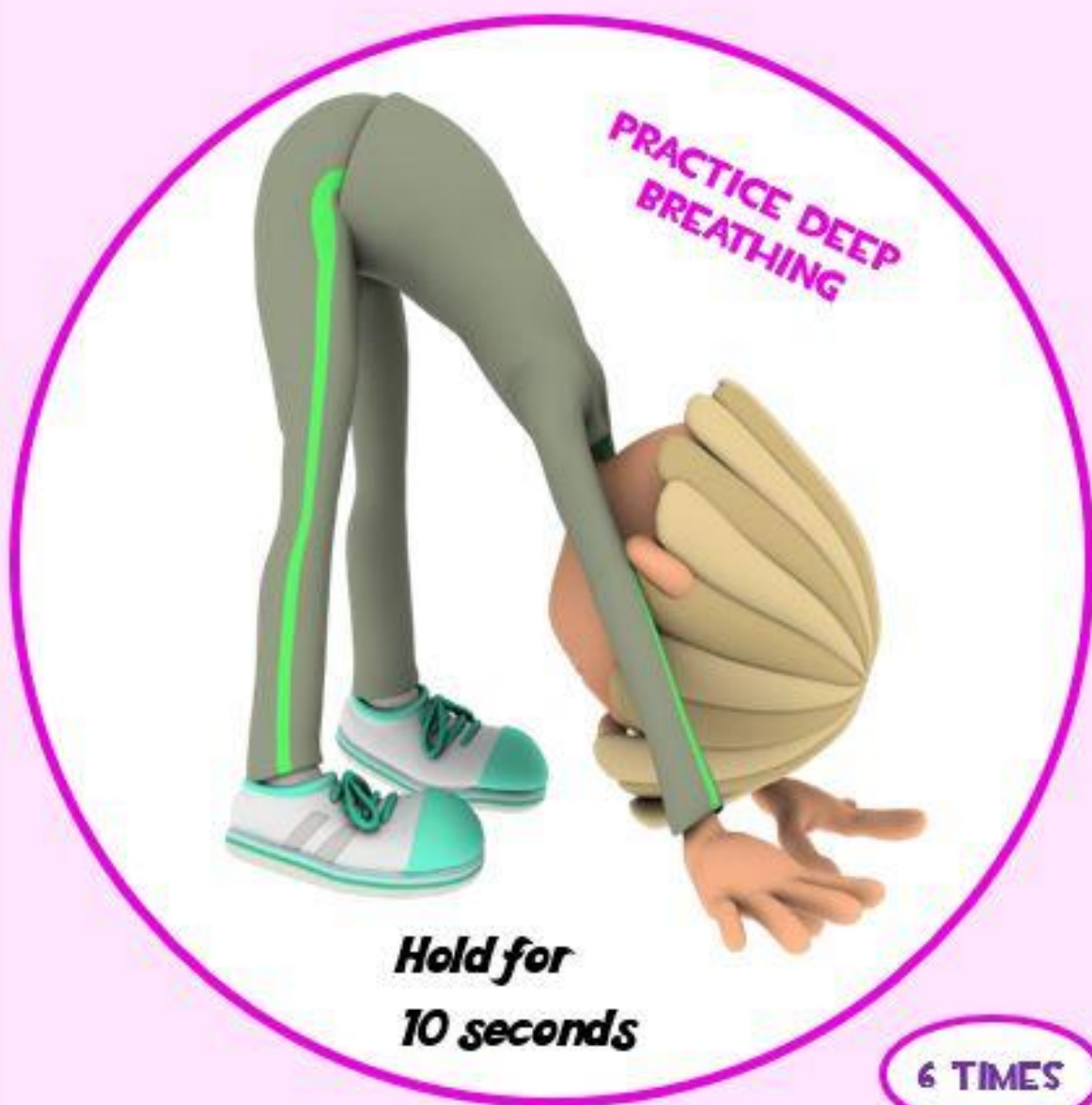
Sit and cross your legs in front of you.
place each foot beneath the opposite knee.
Fold your legs in toward your torso and
place your hands on your knees.

20

YOGA Poses for Home



DOWNWARD DOG



Start on all fours and walk your hands a few inches forward. Curl your toes under and slowly press your hips up toward the ceiling. Bring your body up into an inverted V.

21

YOGA Poses for Home



BOUND ANGLE POSE



DON'T
PRESS ON
YOUR KNEES

*Hold for
20 seconds*

5 TIMES

Sit down and bend your knees open to each side. Press the soles of your feet together and hold your toes with your hands. Sit up straight and extend your spine.

22

YOGA Poses for Home



SALUTATION SEAL



LOOK OUT
AND
SLIGHTLY
DOWN

*Hold for
20 seconds*

5 TIMES

Sit comfortably with your legs crossed in front of you. Bring your palms together and press your hands firmly against each other. Keep your chin in close to your body.

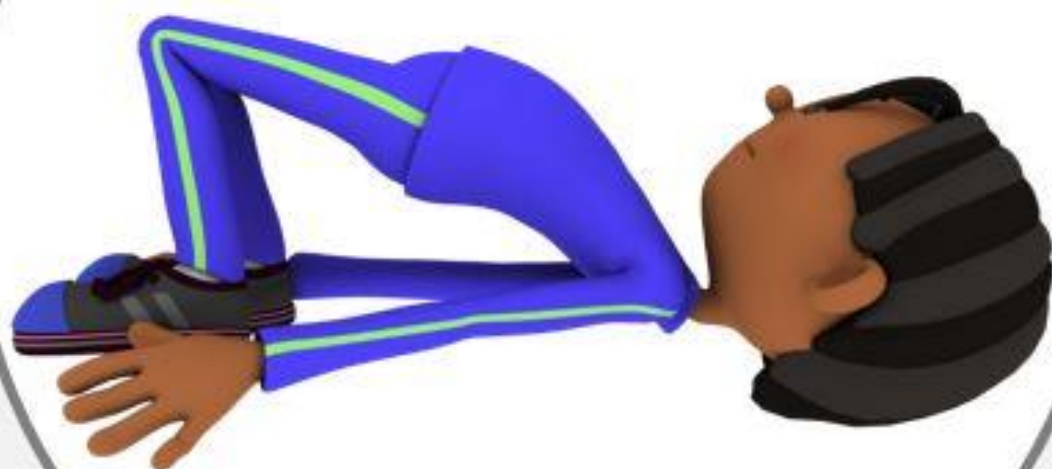
23

YOGA Poses for Home



BRIDGE POSE

BRING YOUR
CHEST TOWARD
YOUR CHIN



*Hold for
20 seconds*

5 TIMES

Lie on the floor with your knees bent directly over your heels. Press your feet into the floor as you lift your hips up off the floor. Push your arms downward.

