

Yoga

Hello students, how are you feeling today?

I have been practicing yoga at home, and I thought you might like to do the same.

These yoga poses are really good for relaxing, and if you are having trouble falling asleep at night, try these an hour before bedtime.

Yoga is beneficial for everyone, so you could even ask your family to try it with you.

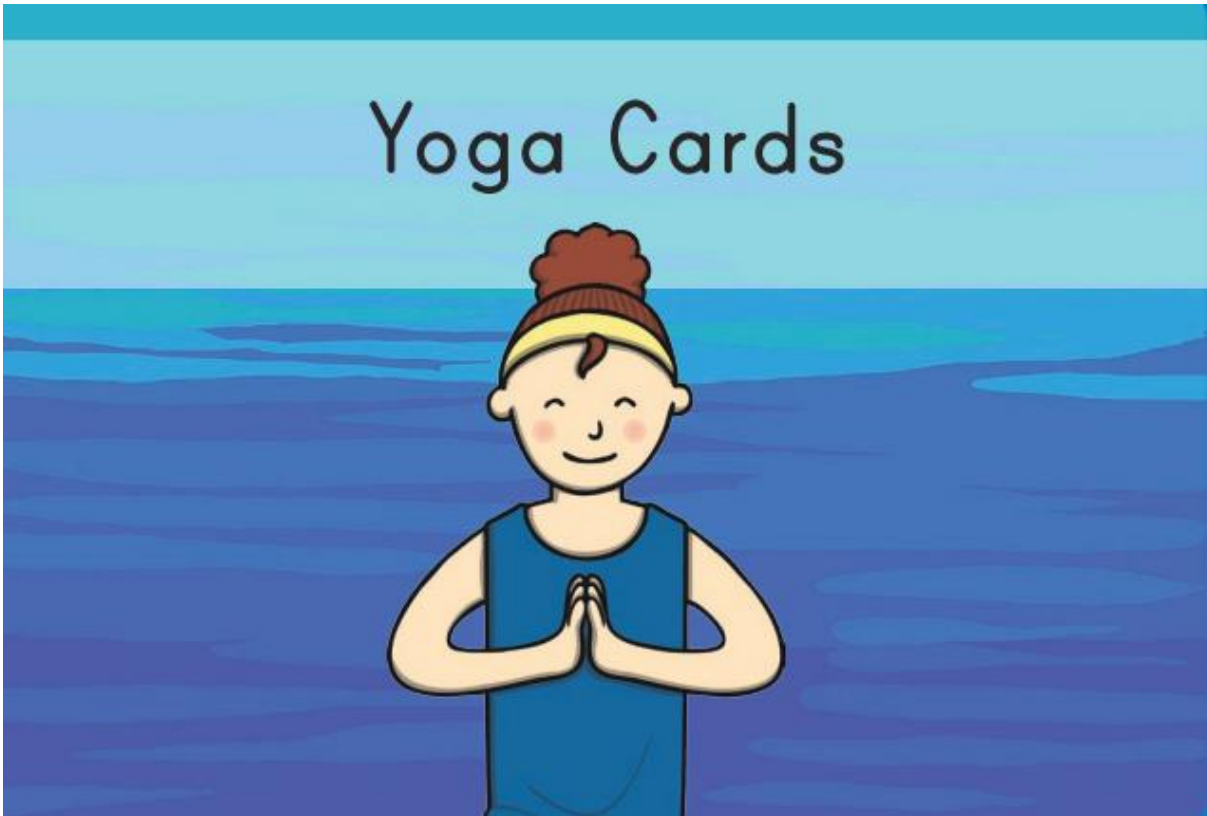
The best part? You don't need any equipment! Do this on carpet or out in your garden on the grass, and remember to breath in and out slowly the whole time. Never hold your breath while practicing yoga.

I hope you enjoy this.

Namaste,

Ms. Ní Tharpaigh.

Yoga Cards

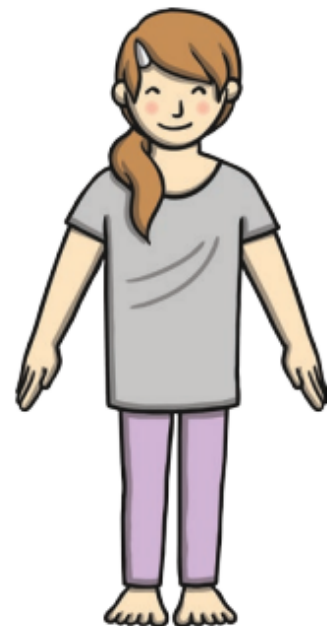


Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Tree Pose - Vriksasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



Crescent Moon Pose

Benefits Stretches arms, abdominals, spine, and chest; calms the mind.

- 1 Inhale, and raise your hands over your head, pressing your palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale while returning to standing straight.
- 4 Repeat on the opposite side.
- 5 Exhale and lower your arms.



Locust/Snake Pose - Salabhasana

Benefits Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 Exhale, and lift your head, upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

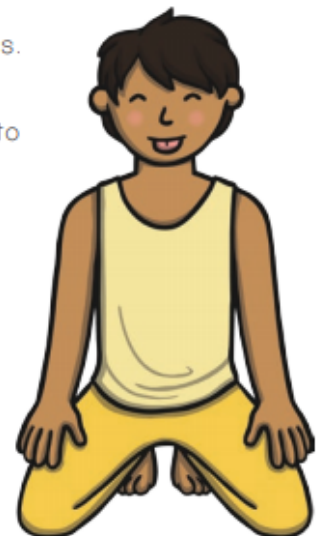
- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.



Lion Pose - Simhasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms into your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth.
- 5 Repeat a few times.



Rainbow Pose

Benefits Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.

- 1 Stand in mountain pose.
- 2 Exhale, and step feet wide apart.
- 3 Hold this position.
- 4 As you bring your dropped arm back above your head, straighten your body.
- 5 Repeat on the other side.



Triangle Pose - Trikonasana

Benefits Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.

- 1 Stand in mountain pose. Exhale, and step feet wide apart.
- 2 Raise your arms parallel to the floor, palms down.
- 3 Turn your left foot in slightly and your right foot out 90°. Exhale. Bend through your hips, and rest your right hand on your leg. Stretch your left arm toward the ceiling.
- 4
- 5 Hold this pose, inhale and return to standing. Repeat on opposite side.



Frog Pose - Bhekasana

Benefits Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



Three-Legged Dog Pose - Tri Pada Mukha Svanasana

Benefits Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.

- 1 Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).
- 2 Lift one leg, hold, then lower with an exhale.
- 3 Repeat with the opposite leg.



Happy Baby Pose - Ananda Balasana

Benefits Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly, and hold onto your feet.
- 3 Allow your body to gently rock side to side.



Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.

