





■ Downward Dog

 No Equipment


- Start in a high plank position (the top of a push-up) with feet hip-width apart and hands shoulder-width apart.
- Lift hips to create an upside-down V-shape with the body.
- Prioritize length in spine over length in legs-bent knees are okay!
- Imagine reaching your tailbone up and back to lengthen whole spine.
- Gaze between feet.

■ Upward Dog

 No Equipment

- Lie face-down with tops of feet on the ground.
- Position palms under shoulders and lift the upper body by pressing palms into the ground.
- Straighten elbows and press into tops of the feet to lift thighs off the ground.
- Squeeze shoulder blades together to broaden across chest.
- Gaze slightly up to enhance the backbend.

■ Dancer Pose

 No Equipment




General Instructions

Perform the **dancer pose** standing on each foot, begin with a 5 second hold and progressively increase to 30 seconds.

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Stand with feet hip distance apart.
- Bend left knee, lifting foot up behind you.
- Grasp inside of left ankle with left hand.
- Kick back with leg into left hand as right arm extends out in front in a straight line.
- Keep your chest open and your shoulders back.
- Repeat on the right side using right instead of left cues.

■ Crow Pose

 No Equipment



Instructions

- Arrange participants in pairs, facing each other.
- Place hands on mat, shoulder distance apart.


Perform these yoga stretches to develop strength, balance, and flexibility.

- Lower body toward ground.
- Get the knees as high up your upper arms as possible.
- Press knees into the upper arms.
- Draw elbows in toward the torso.
- Turn eyes to look forward in front of your hands.
- Shift weight forward.
- Press hands into the mat to round the upper back.
- Perform the **crow pose** for 5 seconds then progressively increase to 30 seconds.

Cues

- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Communicate with your partner when to begin and end the challenge.

■ Side Crow Pose

 No Equipment



Instructions


- Get in a squat position with knees together.
- Keep your knees pointing forward and rotate your torso to the right.
- Set your palms firmly on the ground shoulder width apart, about a foot in front of you.
- Anchor into your palms, lift your hips up, draw your core in and begin to transition the balance of your body: left elbow into your right knee and right elbow toward the right waist and ribs.
- Think “nose toward the ground, butt to the ceiling” in order to lift your feet off the ground.
- Look forward slightly and lean forward, balancing your torso on your arms like a little shelf.
- Repeat on the left side.

Cues

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.

- Keep weight centered over your base of support.

■ Cobra & Childs Pose

 No Equipment



Before you begin

- Before you begin, review the video with participants and/or give a demonstration. If you provide a demonstration, perform each movement for 20-30 seconds.



Cobra

- Lie face down and lift the upper body by pressing the elbows and palms into the ground with the elbows positioned under the shoulders.
- For a more advanced version of Cobra, continue the stretch by straightening the arms so elbows no longer touch the ground.
- Stretch gently and take deep, relaxing breaths.
- Maintain pressure between the ground and hips.
- Keep shoulders down and relaxed; you may need to bend the elbows slightly.
- Move the chest forward and upward to reduce the risk of straining the lower back.



Transition to Child's Pose

- Lift the hips off the ground keeping the knees and palms on the ground.
- Sit backward until the butt rests on the heels.



Child's Pose


- Stretch the arms straight out in front.
- Relax the neck so the head hangs toward the ground.
- Keep the feet flat with the tops of the feet on the ground.

Perform these yoga stretches to develop strength, balance, and flexibility.

- Avoid tucking the toes under the feet.
- Spread the knees apart a little if the exercise feels uncomfortable, particularly on the knees.




■ Runner's Lunge

 No Equipment


- Start in a standing forward fold.
- Place palms on the ground and step one leg back, bending the front knee.
- Stack front knee over front ankle, not extending past toes.
- Frame front foot with both hands.
- Back knee can stay lifted or lower to the ground.
- Remember to do both sides!

■ Standing Forward Fold

 No Equipment

- Stand with feet hip-width apart.
- Hinge at hips and fold over legs.
- Allow arms to hang toward the ground or grab opposite elbows and sway from side to side.
- Explore gently bending and straightening knees.
- Try rocking weight toward toes and heels to vary the stretch.

■ Cat Stance

 No Equipment




Instructions

- Step the right foot back.
- Turn right foot out to forty-five degrees.
- Transfer 90 percent of your body weight onto your right leg.
- Lower your body.

Perform these yoga stretches to develop strength, balance, and flexibility.

- Rest your left foot on the ball of the foot on the ground in front of the right foot.
- Extend left palm out with slight bend in arm.
- Bend right arm at about forty-five degrees with palm facing upward.
- Keep weight centered over base of support.

■ Tripod

 No Equipment



Instructions


- Start in a squat position.
- Place hands down and out in front on mat.
- Lean forward, then shift weight onto arms.
- Place top of head out in front of hands on mat.
- Transfer all weight to the arms and create a triangle with your two hands and head.
- Perform the **tripod pose** for 5 seconds and progressively increase to 30 seconds.



Cues

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.

■ Tree Pose

 No Equipment

Perform these yoga stretches to develop strength, balance, and flexibility.



General Instructions

Perform the **tree pose** standing on each foot, begin with a 5 second hold and progressively increase to 30 seconds.

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Stand with feet hip distance apart.
- Keep your eyes straight ahead.
- Shift weight slightly onto left foot.
- Reach down with right hand and clasp right ankle.
- Bring your right foot up.
- Place sole of right foot against inner left thigh.
- Hands extended overhead or at heart.
- Breathe deeply.
- Repeat on the opposite side.