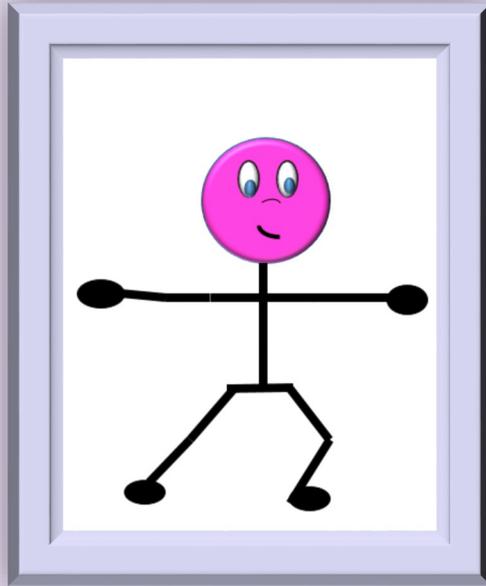


Yoga Poses



Instructional Task Cards for creating Yoga Stories

Directions:

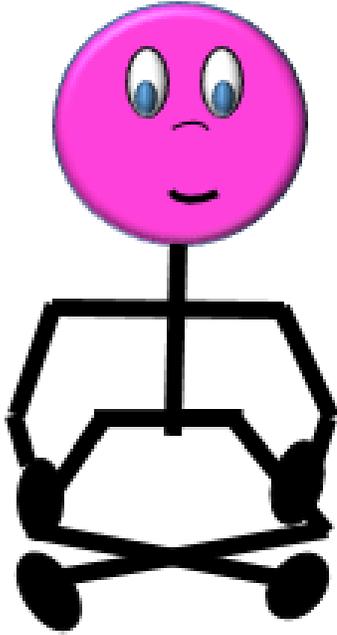
- Allow for as many days as necessary for students to explore and practice the different yoga cards
- Place students in groups
- Allow students to choose as many cards as they would like to create a yoga story
- Students create a script and perform the poses as the story progresses
- For examples of yoga stories, visit <http://www.lepeinc.com/yoga.html>

References

<http://www.cosmickids.com/>

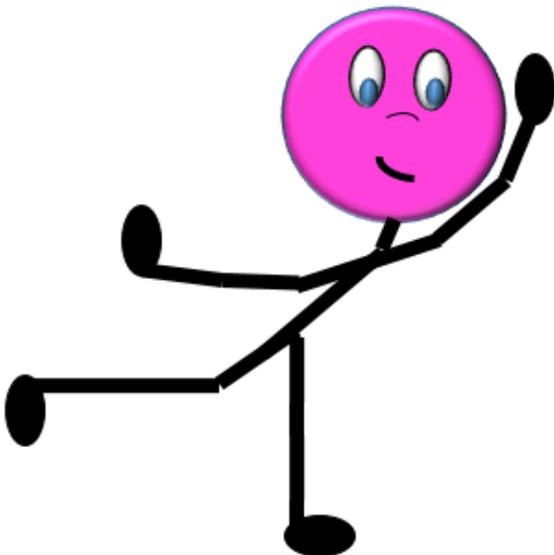
http://www.sanfordfit.org/assets/pdfs/fitFlow_Cards.pdf

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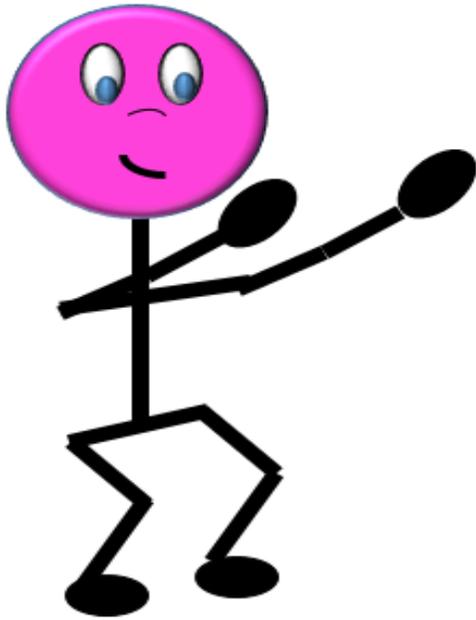
- Sit down and cross your legs
- Sit with your back straight
- Rest your hands on your knees
- Breathe deeply

Easy Pose



- Balancing on one leg
- Lift the other leg behind you
- Lean forward with arms out
- Breathe deeply
- Switch legs

Airplane Pose



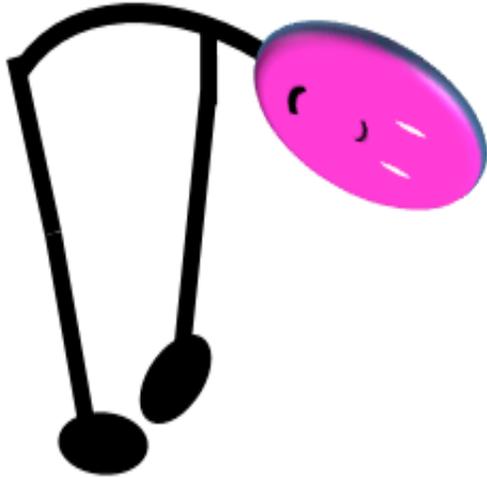
- Stand with feet apart
- Lower down like you are sitting in a chair
- Hold your arms out straight with palms facing in.
- Your weight should be mostly on your heels.

Chair Pose



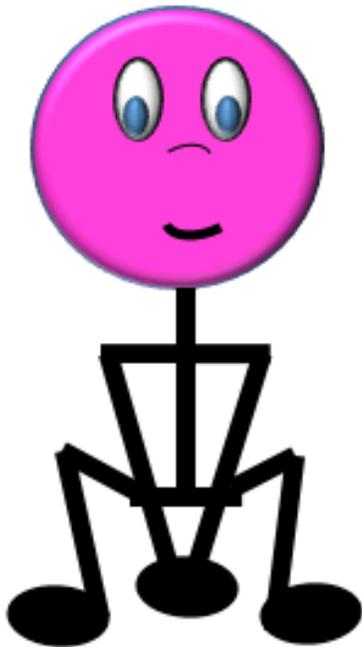
- Step forward into a lunge position
- Your toes are facing forward
- Reach high over your head
- Bring your palms together
- Switch legs

Crescent Pose



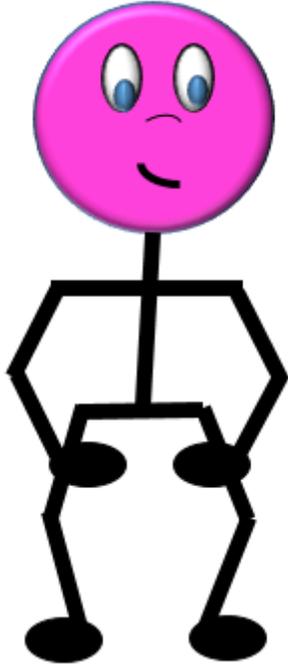
- Bend over at the waist
- Bring the top of your head toward the ground
- Relax your arms

Forward Fold Pose



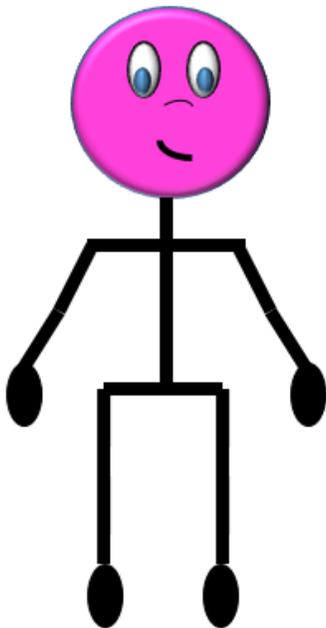
- Stand with your feet wider than your hips
- Squat down low
- Balance on your toes
- Relax your arms inside of your legs
- Look forward

Frog Pose



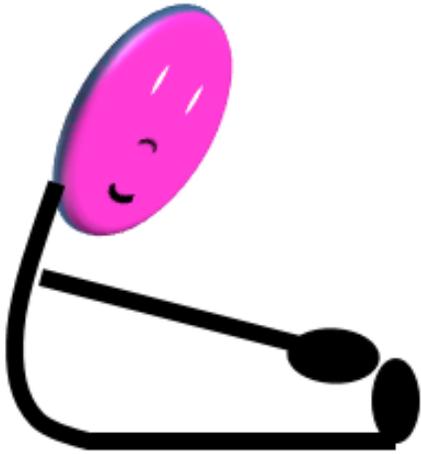
- Place your feet wider than your hips
- With your back straight, lean forward
- Keep your chest wide
- Shift your weight side to side like a gorilla
- Breathe in and out forcefully

Gorilla Pose



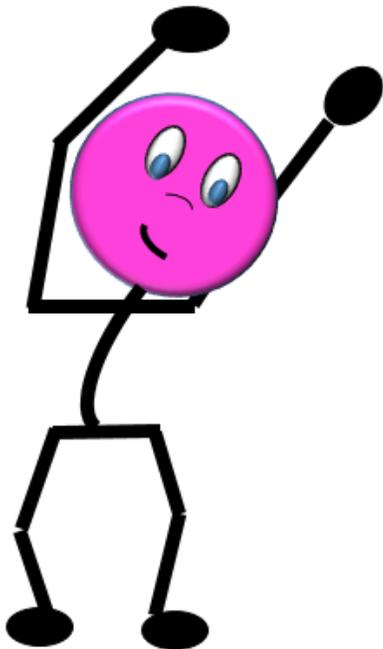
- Stand up tall
- Place your arms at your sides with your palms forward
- Relax your shoulders down
- Breath deeply

Mountain Pose



- Sit on your bottom
- Extend your legs forward
- Reach toward your toes while leaning your chest forward
- Breath deeply

Seated Fold Pose



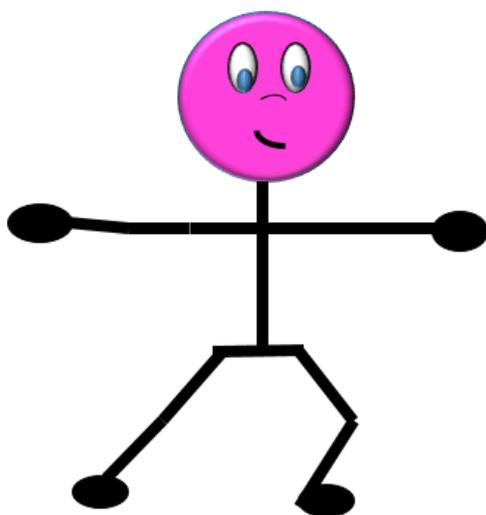
- Stand with your feet apart
- Raise your arms above your head with your palms facing
- Stretch left to right
- Keep your feet still

Swaying Tree Pose



- Balance on one foot
- Place the bottom of the other foot on the inside of the balancing leg. (Not on the knee)
- Place your palms together at your chest
- Breathe deeply
- Switch feet

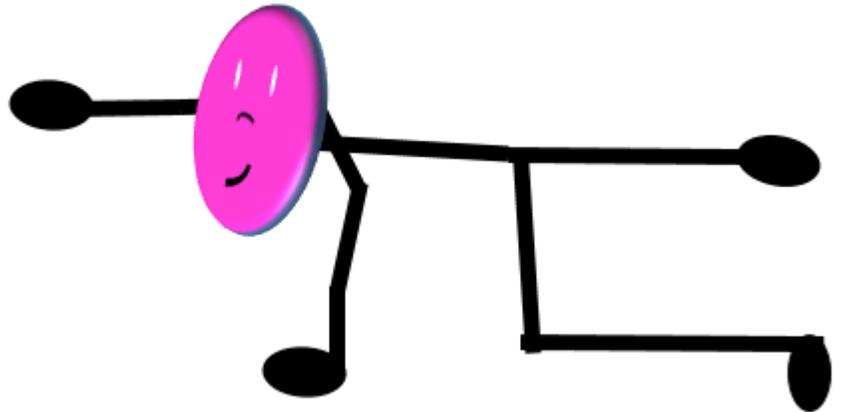
Tree Pose



- Lunge forward with the front foot pointing forward and the back foot pointing to the side
- Raise your arms up even with your shoulders
- Face your palms down
- Look forward
- Switch feet

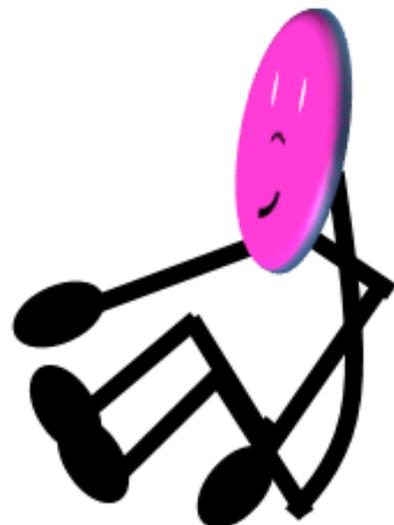
Warrior II Pose

- On your hands and knees
- Lift one leg and the opposite arm up even with your body
- Balance on the hand and knee that are on the floor
- Switch sides



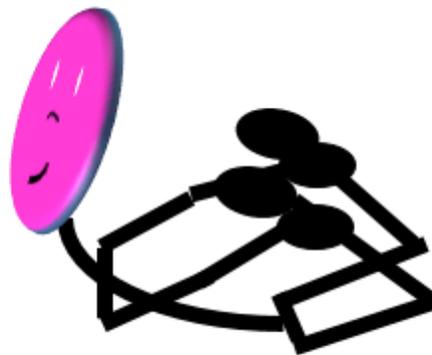
Bird Dog Pose

- Sit on your bottom
- Bend your knees and lift your feet off of the floor
- Reach your arms out to the sides of your legs
- Balance
- Lift legs straight for a challenge



Boat Pose

- Lie on your stomach
- Bend your knees
- Reach back and grab your ankles
- Try to lift knees and chest off of the ground
- Balance on your belly
- Breathe deeply



Bow Pose

- Lie on your back
- Put your palms down on the mat by your hips
- Bend your knees and raise your hips off the ground
- Breathe deeply



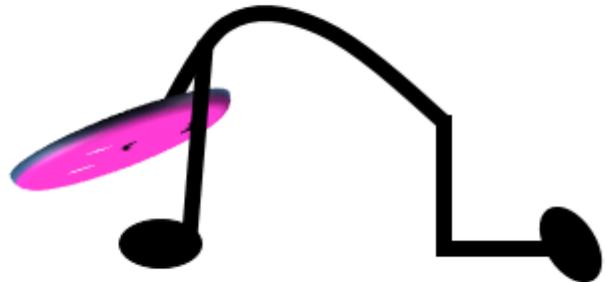
Bridge Pose

- Kneel down
- Arch your back and reach back to grab your ankles
- Keep your hips over your knees
- Lift your chest and look up to the sky
- Breathe deeply



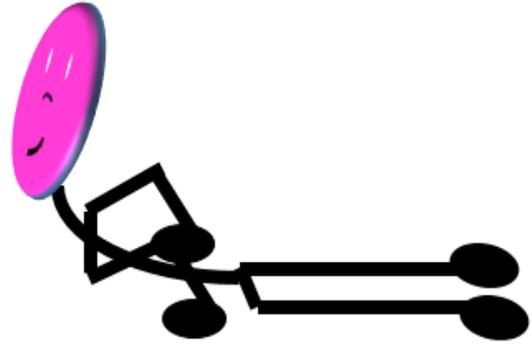
Camel Pose

- Start on your hands and knees
- Arch your back toward the sky
- Let your head drop between your arms



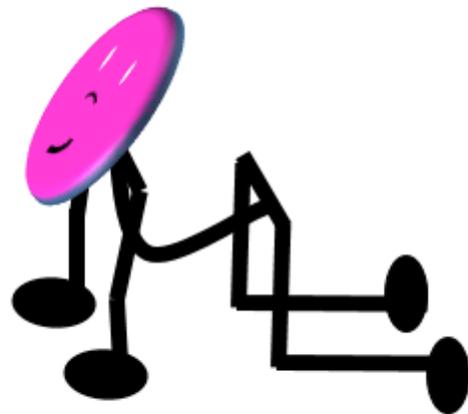
Cat Pose

- Lie on your belly
- Put your palms on the ground next to your rib cage
- Use your lower back muscles to lift your chest up
- Breathe deeply



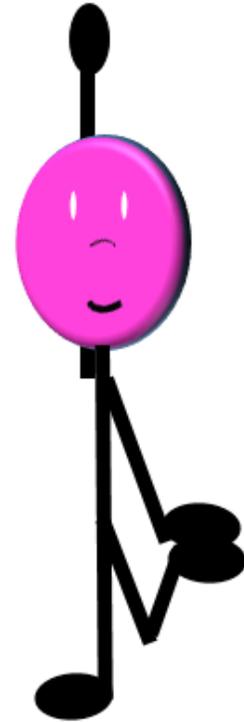
Cobra Pose

- Begin on your hands and knees
- Drop your belly toward the ground
- Raise your head and chest toward the sky
- Breathe deeply



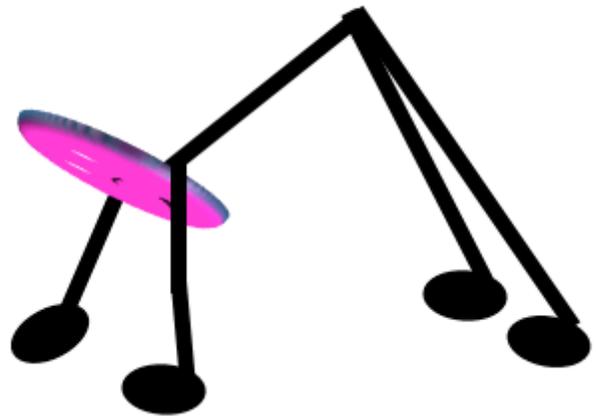
Cow Pose

- Balance on one foot and lift the other foot behind you
- Reach back and hold the top of your right foot
- Lift your left arm up and reach to the sky
- Look forward
- Switch feet



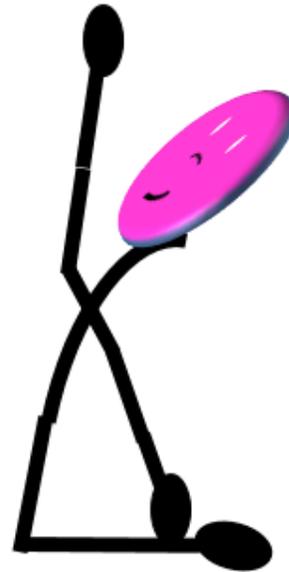
Dancer Pose

- Place your hands and feet on the ground and lift your hips to the sky
- Press your heels into the ground
- Press your chest toward your thighs
- Keep your head between your arms



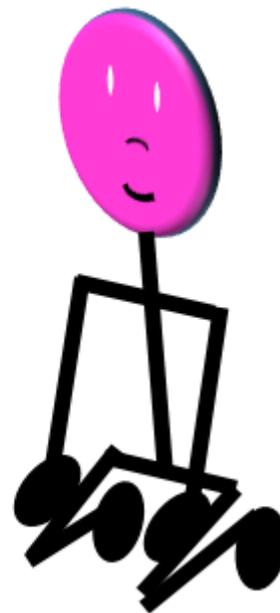
Down Dog

- Begin in a kneeling position
- Reach one hand back to the heel on the same side of the body
- Raise the other hand into the air
- Arch your back to the sky and look up
- Breath deeply
- Switch sides



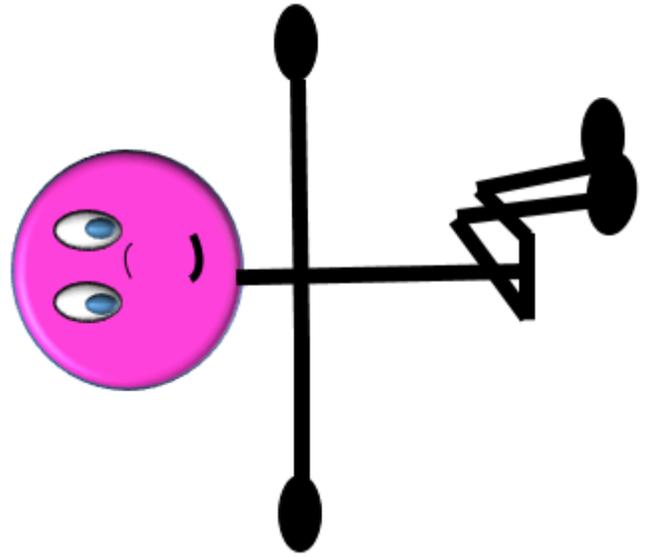
Half Camel Pose

- Begin on your knees and sit back onto your heels
- Sit up tall with your back straight
- Relax your shoulders with your hands on your knees
- Look Forward



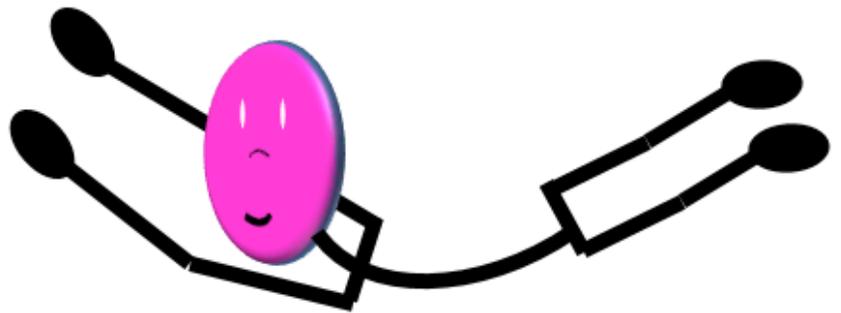
Hero Pose

- Lie on the ground
- Bring your knees to your chest
- Extend your arms out to the side
- Lower your knees to one side
- Repeat to the other side



Laying Twist

- Lie on your stomach
- Reach forward with your palms facing
- Lift your arms and legs off of the ground
- Breath deeply



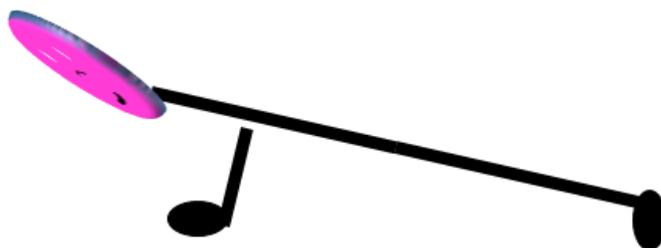
Locust Pose

- Step forward into a lunge keeping your front knee over your ankle at a 90 degree angle
- Put your hands next to your front foot
- Pull your shoulders back to open your chest
- Look forward
- Switch legs



Low Lunge

- Spread your fingers wide with hands shoulder width apart
- Straighten arms with your shoulder over your hands
- Straighten your whole body and balance on your toes.
- Hold pose



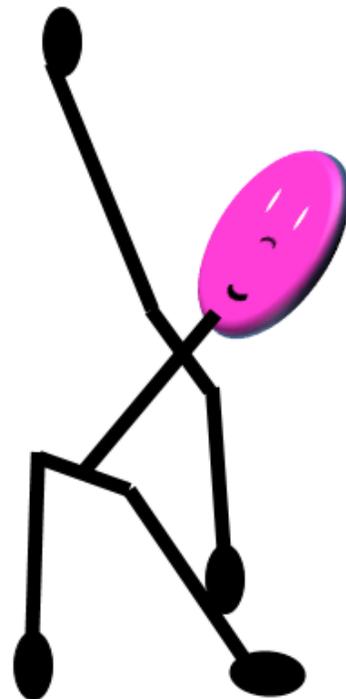
Plank

- Lie down on your back
- Rest your arms by your sides with your palms up
- Straighten your legs
- Let your feet fall apart
- Relax



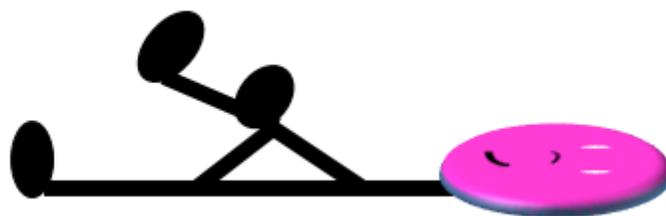
Resting Pose

- Stand with legs wide
- Point your front foot forward and back foot to the side
- While keeping your knees straight, slide your front hand down the leg toward the ground
- Raise the back hand into the air
- Turn your head to look up at your thumb
- Repeat on opposite side



Triangle Pose

- Lie on the ground
- Bring one knee up to your chest and hold it with interlocked fingers
- Breathe deeply
- Switch legs



Wind Removing Pose

- Position yourself on your hands and knees with your shoulders over your hands and your hips over your knees
- Look down at the ground about 6 inches over the tips of your fingers
- Tighten your core muscles

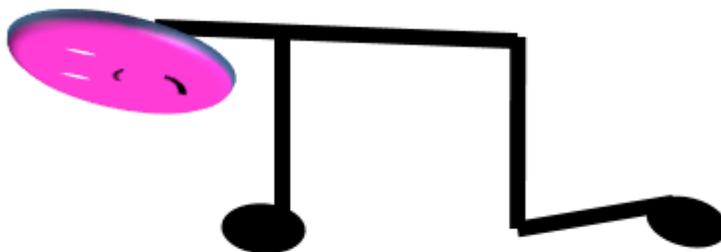


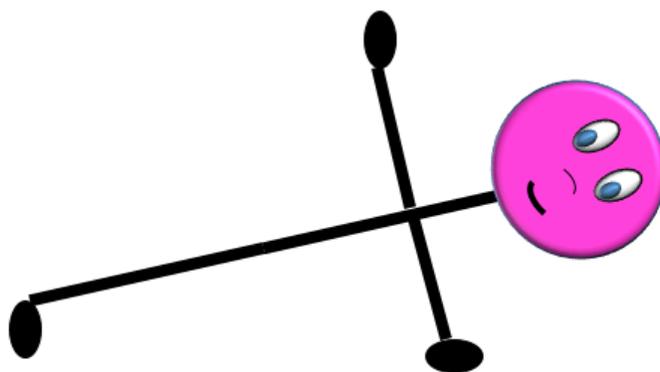
Table Top Pose

- Begin in a kneeling position with the tops of your feet on the floor
- Sit back on your heels
- Reach your hands forward with palms down
- Rest your forehead on the ground
- Breathe deeply



Child's Pose

- Begin in a plank position
- Lift one straight arm toward the sky
- Rotate onto the side of the opposite foot
- Keep your body straight and arms in a straight line



Side Plank