

Warrior II Pose - Virabhradhrasana II

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

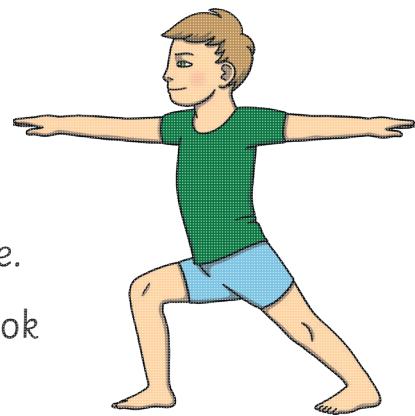
1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.

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.



Chair Pose - Utkatasana

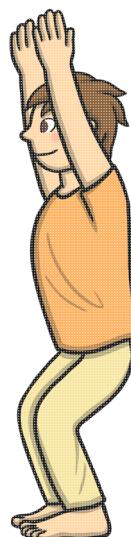
Strengthens legs, stretches shoulders and chest.

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.

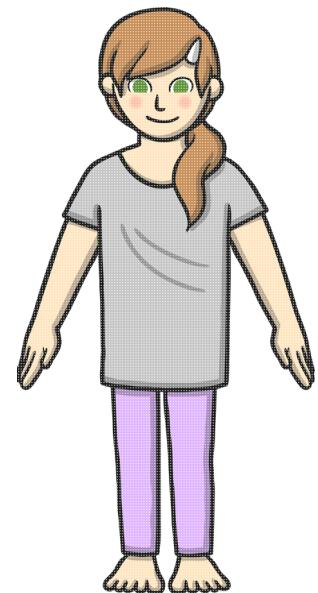
4 Hold this pose and breathe.



Mountain Pose - Tadasana

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).



Tree Pose - Vrikasana

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.



Downward-Facing Dog- Adho Mukha Svanasana

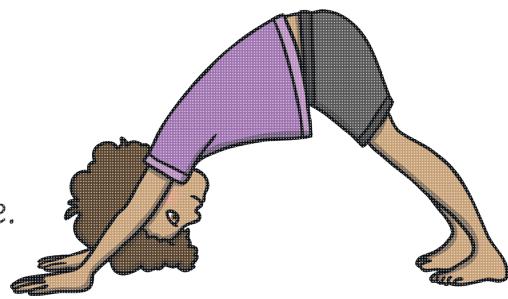
Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

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.



Preparation and Safety

National Curriculum

5-7

Time

Develop balance, agility and co-ordination.

Preparation

Can be adapted to any setting or time frame.

Safety

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.