



Strong Body, Happy Body

Beginning

YOGA

For Boys and Girls



Sammy's Safety Tips:

1. Focus on what you are doing. Try not to think about anything else while you are doing the moves.
2. Be gentle. None of these moves should hurt or be uncomfortable.
3. If you can't do a pose just move your body in the same direction as the pose, but stop before it becomes too hard to do.
4. Be positive and never give up. The more you practice, the moves will become easier for you.
5. Pay attention to the details. Study the pictures closely and try to perfect your poses.
6. Get instruction by a trained professional before beginning any exercise program.

Strong Body Basics

Why do I need a strong body?



- To be strong
- To lose weight
- To be able to run and jump better
- To keep your body healthy
- To feel good about yourself

yoga basics

Breathing: breathing deeply in and out of the nose helps bring oxygen into your body. Oxygen gives your muscles the energy they need to function during activity.

Movement: Stretching your body and holding different poses is great exercise for your muscles and bones. It helps keep your blood flowing and gets rid of yucky waste in your body.

Focus: Focusing on breathing and moving at the same time develops inner harmony. The peaceful feeling that you feel helps you relax and makes your body and mind feel good!

Use your imagination while practicing these moves. If you can picture a cat and what his body may look like when he moves, you can actually start to move just like a

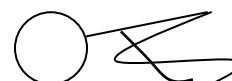
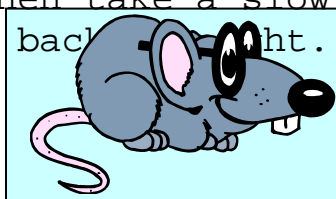
cat! Imagine the long arms of a windmill, or the tall stature of an oak tree, and keep this image in your mind as you practice the moves.

The Candle



Pose

Kneel on your shins and sit back on your heels. Press your palms of your hands together in front of your chest. Take a deep breath in and lengthen your spine up to the sky. Then take a slow deep breath out while keeping your back straight. Repeat this 3 times.



Mouse Pose

Kneel on shins and sit back on your heels. Bring your chest down to your thighs. Let your forehead rest on the floor in front of your knees. Place your arms beside you and let them lay on the floor -palms facing up to the ceiling. Relax all of your muscles and close your eyes. When you feel tired or you just want to take a break do another pose- do this pose.

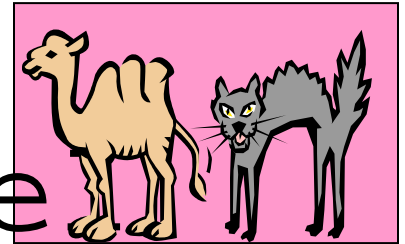


Squirrel Pose

Sit on your shins with your hands resting on your thighs. Rise up to a kneeling position and bring your hands together in front of your chin. Using one arm at a time, reach as high as possible and then lower again (like a squirrel gathering nuts

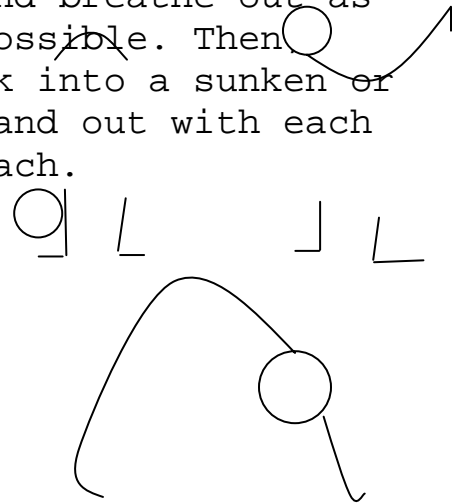
from a tree). After reaching 3 times with each arm, slowly lower yourself back down to a sitting position.

Cat and camel



Pose

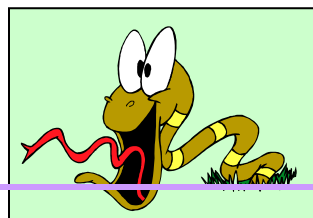
Start on all fours (on your hands and knees). Place your hands beneath your shoulders and your knees under your hips. Keeping your arms straight, press your hands down into the floor and breathe out as you round your back as much as possible. Then breathe in as you lower your back into a sunken or "Camel" pose. Keep breathing in and out with each movement. Repeat this 5 times each.



Dog Pose



Start this pose on all fours. Hands under shoulders, knees under hips. Curl your toes under (toes should be on the floor) and lift your hips straight up toward the ceiling. Try to straighten your legs and arms. You should look like an upside down "V". Keep your head hanging down so you can watch your own legs. Reach your heels of your feet towards the floor as you pull your hips up to the ceiling just like a dog stretching after a nap! Hold this dog position for a count of 5 and return to all fours. Repeat this 3 times.

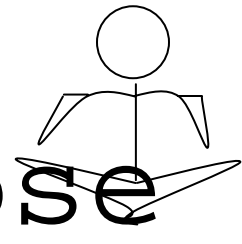
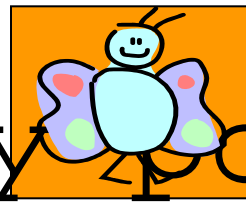


Cobra pose



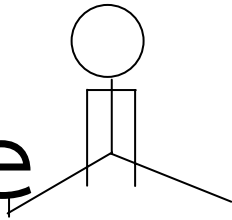
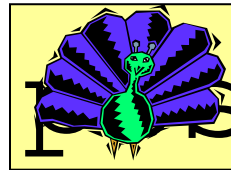
Lay on your tummy with your legs straight behind you. Place your palms on the floor on either side of your chest. Look straight ahead and lift your chest as high as possible. Keep your shoulders wide and down away from your ears. Then, arch and lift your chest even higher by pressing your hands down into the floor. Keep your elbows close to your body and your head straight with your shoulders.

Butterfly pose

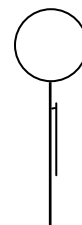


Sit with the soles of your feet together. Rest your hands lightly on top of your shoulders. Lift and spread your elbows wide. Straighten and lengthen your spine, then gently flap your arms and legs like butterfly wings. Flap your wings 20 times.

Peacock pose



Sit up tall with your legs extended straight. Spread your legs as wide apart as possible. Place your hands on the floor in front of you and press down to widen your shoulders. Hold this position for 5 slow breaths.

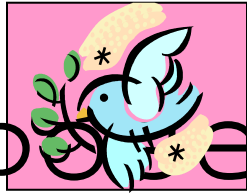


Mountain pose



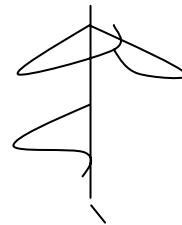
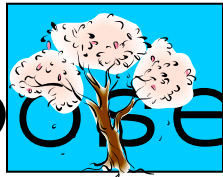
Stand straight with feet and ankles together. Extend your neck straight up towards the ceiling. Let your arms rest gently by your sides. Lift your chest and lengthen your spine. Your head, shoulders, and hips should all be aligned. Hold this position for 5 slow breaths.

Bird pose

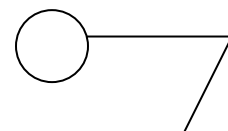


In the standing position raise your arms out behind you (like wings). Then, keeping eyes on one point in front of you, press up onto the balls of your feet (try to keep your balance). Keeping our eyes focused will help you balance.

Tree pose



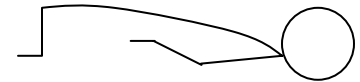
Stand with your feet together. Imagine being a tree. Check to feel if your feet, hips, shoulders, and head are all lined up. Press the palms of your hands together in front of your chest and find a point in front of you to focus on. Shift your weight to one foot and lift the other foot on top of the inner leg of your standing foot. Press the sole of your foot flat against the inside of your standing leg while keeping your balance. Hold this position as long as you can, then switch legs.



Windmill pose --

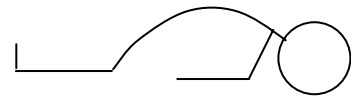
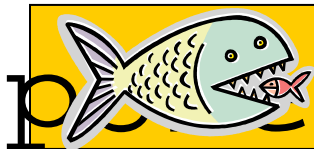
Stand with legs wide apart. Keeping your legs straight, bend forward with your back stretched out long and flat and place your right hand on the floor in front of your face. With both arms straight, swing your left arm up and reach for the ceiling. Look up at your left hand and enjoy the twist of your torso. Hold this pose for 5 slow breaths and then slowly lower your arm. Repeat on the opposite side.

Bridge



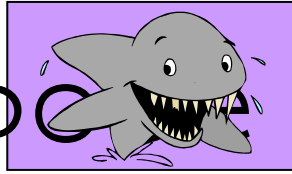
Lie on your back with your arms resting at your sides. Place the soles of your feet on the floor hip width apart. Press your hips and back off of the floor as high as you can towards the ceiling. Keep your shoulders on the floor and interlace your fingers underneath your hips. Hold this pose for 5 slow breaths. Lower your hips down to the starting position then repeat this 3 times.

Fish



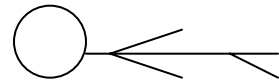
Lie on your back with arms at your sides and legs straight and together. Press your elbows into the floor and arch your chest toward the ceiling. Let your head fall back until the top of your head is resting on the floor. Keep shoulders wide and open up your chest. Hold this pose for 3 slow breaths. Then return to the starting position and repeat this 3 times. To come out of the pose: press elbows into the floor to lift your head and then roll back down onto your back.

Shark pose



Lay on the floor on your tummy with your legs straight and together. Roll your shoulders back and reach your arms behind you. Clasp your hands and interlace your fingers behind your back. Reach your clasped hands up and back toward your feet. Lift your head and chest as much as possible. Lift your legs as well (keep them straight). Breathe 3 slow breaths then lower arms and legs to the floor. Repeat this 3 times.

Do nothing doll



Lie on your back with your feet spread shoulders width apart. Lay your arms on the ground with palms facing up. Close your eyes and completely relax. Try not to think-just relax and breathe. Pretend to be a rag doll, toy or stuffed animal! Always finish a yoga session with this pose. Stay in this pose for 3-5 minutes.

*Adapted from Imaginazium's "Yoga Kit Instruction Book", 2003.