

# 8 Minute Beginner's Yoga Flow

by Rachel

I put some of the simpler and more relaxing yoga poses into a sequence that is easy to try at home! Make sure you have enough space around you so there is enough room to stretch out.

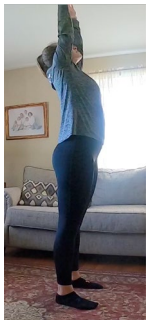
Before beginning the yoga video, it is important to *warm up with the gym class's warm up video* also posted on the parent resource page.

Here is the link to follow this yoga routine: <https://youtu.be/1kM5bJYdxJk>

## Instructions from the video for parents:

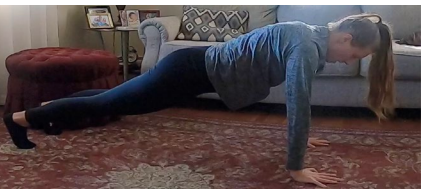
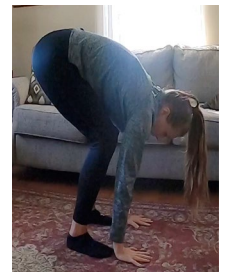
Begin by standing at the top of your mat, or, if you don't have a mat like me, stand where the majority of your open space is behind you. We will be repeating the same flow a few times, so for those familiar with these positions, I've included a summary of the moves in succession at the bottom of the numbered instructions. (I've also included some cues to say to the students in **green** that may help them get the positions a little better too!)

\*There are many instances where we flow right into a high plank. If the student is struggling with this, they can modify the plank to kneel instead.



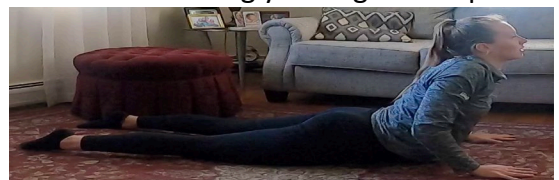
1. Focus on your breathing. Breathe 3 deep breaths in through your nose and out through your mouth.
  - i. After your 3<sup>rd</sup> exhale, inhale as you reach up toward the sky, stretching your whole body up (**Upward Salute**). "Reach up high!"

2. As you exhale, bend at the hips with a flat back into the **Forward Fold** position with your hands flat on the ground. (If you can't keep your legs straight and keep your hands flat on the ground, it is okay to bend your legs!) *Hold the Forward Fold for around 5 seconds.* "Touch your toes!"



3. From here, shift your weight evenly between hands and feet as you push your legs back into a **high plank** position\*. *Hold this plank for 10 seconds.* "Push up and hold!"

4. Lower yourself down onto your stomach with your hands on the ground by your chest and point your toes so that your feet are flat on the ground.
5. Gaze forward and push your upper body up with your arms while leaving your legs and hips on the ground. Most people with less lower back flexibility will not be able to straighten their arms all the way and that's alright. "chest up, hips down"
  - i. Hold this **Cobra Pose** for 10 seconds, feeling the stretch through your abdomen.



6. Push up into a table top position and adjust so that your hands are in line with your shoulders and your knees are in line with your hips.



- i. Looking ahead, inhale as you pull your shoulders back and let your back sink into **Cat Pose**. Hold this pose for around 3 seconds before moving into cow pose. “push tummy to the floor”
- ii. Exhale as you push your back through, rounding your back into **Cow Pose**. Hold this for around 3 seconds too. – repeat this **Cat-Cow flow** three times to bring more flexibility to the spine.

7. Still on your hands and knees, walk your hands out a little before sitting back on your feet into **Child’s Pose**. Feel the stretch through your whole back as you hold for 10 seconds. – a good way to try and teach this is to tell the kids to keep reaching with their hands while their bottom stays glued to their feet.



8. Come up into the table top position before extending your legs back into the high plank position from before. “push up!”



9. Push your hips up and back into **Downward Dog**, keeping your hands and feet on the ground. Focus on pulling your chest toward your knees, creating a flat back and correct spinal alignment. “push up butts up!”

- i. To release tension in this position, bend one leg after another trying to get your heels to touch the ground every time you straighten your leg. Bend each leg 5 times for 10 total knee bends. (The kids could even just take 10 steps if not cooperating.)

10. Come down from Downward Dog into the high plank position once again before pulling one leg up in between your hands to form into a **High Lunge Pose**.

- i. Try to keep your core engaged and look ahead to try and keep your spine in line. Hold the High Lunge Pose for 10 seconds, we stretch the groin and hip flexors as well as hamstrings in this position.
- ii. “put your nose to your knee!” Kids might have trouble with this stretch, if so they can skip straight to the Crescent Lunge Pose (step 11).



11. Still in the lunge, lift your upper body and reach up, forming the **Crescent Lunge Pose**. Hold this for 10 seconds. This pose challenges you to stabilize your lower body while stretching your upper core and back. “reach up high!”

12. Lower your upper body down, placing your hands on the ground on either side of your bent leg and shift your weight so that you can slide your bent leg back into a high plank. (push up!)

13. From here we will lower down onto our stomachs to repeat the Cobra, Cat-Cow, and Child’s Pose progression into Downward Dog, ending in a high plank. (Repeating steps 4, 5, 6, 7, 8, and 9).

14. With the other leg, now we will repeat the High Lunge into Crescent Lunge progression, ending in a high plank. (Steps 10, 11, and 12).

15. From this high plank, we will be heading into our third and final Cobra, Cat-Cow, Child’s Pose progression, but stopping at the high plank. (Steps 4, 5, 6, 7, and 8).

16. From this high plank, walk your feet in between your hands, returning to that Forward Fold. **Touch your toes!**



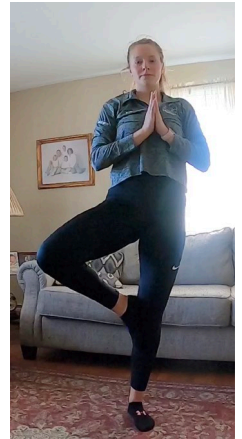
17. Grab hold of the opposite elbow with each hand and let your upper body hang down and sway from side to side, allowing your lower and upper back to release tension. **“Sway like a \_\_\_\_\_ (e.g. palm tree)” (Ragdoll Pose)** After 10 seconds, let your arms fall and roll up slowly to standing.

18. Inhale as you reach your arms up to the Upward Salute Pose again, but this time bringing your hands together. **(Reach up high!)**

19. As you exhale, bring your hands to your center as you slide one of your legs up **“like a flamingo”** If you are standing on your right foot, you should have your left foot touching your right knee. This is **Tree Pose**. *Hold for 10 seconds. (See who can balance the longest!)*

i. Repeat Steps 18 and 19 so that you perform the Tree Pose on both legs.

20. Namaste!



### Summary in Poses:

Upward Salute

→ Forward Fold

→ High Plank → Cobra Pose → Cat-Cow Flow → Child’s Pose

→ High Plank

→ Downward Dog (w/10 knee bends)

→ High Plank → High Lunge (R) → Crescent Lunge → High Lunge (R)

→ High Plank → Cobra Pose → Cat-Cow Flow → Child’s Pose

→ High Plank

→ Downward Dog (w/10 knee bends)

→ High Plank → High Lunge (L) → Crescent Lunge → High Lunge (L)

→ High Plank → Cobra Pose → Cat-Cow Flow → Child’s Pose

→ High Plank

→ Forward Fold

→ Ragdoll

→ Upward Salute

→ Tree Pose (L)

→ Upward Salute

→ Tree Pose (R)

→ Namaste.

Bonus Points to anyone who can count how many times my cat and my dog make an appearance!

The kids might not be able to get through all of these or do the poses correctly, but that’s not all there is to this! If they can have a little fun trying weird poses, then at least it gets them moving. Have fun, stay healthy, and keep active everyone! – Rachel, APE Intern