

## A-Z School Games Challenge

Y – Yoga

Challenge – Yoga Flow

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SolihullNorth

### Yoga Flow

- Find yourself a mat, or a space with soft flooring big enough to allow you to stretch out your arms and legs
- There are 5 yoga poses shown in the diagrams below, listed 1-5. Read the instructions, and hold each pose for 5 seconds one after the other to create a 'flow'
- When doing each pose, you should not be in any pain.

1

Yoga Cards

#### Warrior II Pose - Virabhadrasana II

**Benefits** 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.



2

Yoga Cards

#### Chair Pose - Utkatasana

**Benefits** 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.



3

Yoga Cards

### Mountain Pose - Tadasana

**Benefits** 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).



4

Yoga Cards

### Tree Pose - Vriksasana

**Benefits** 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.



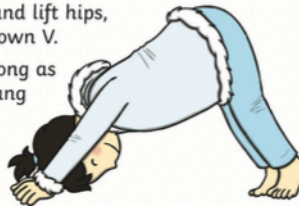
5

Yoga Cards

### Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** 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.



**SCHOOL GAMES**

Why not try some of these fantastic yoga resources at home  
<https://www.cosmickids.com> - <https://yogawithadriene.com/yoga-for-kids/> - <https://youtu.be/X655B4ISakg>

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