

Stretches and warm ups

Stretches

This or That Workout:

https://youtu.be/5oA_5P_TZ1Q

Game Time!

Sock Shot Sit Ups

Materials needed:

- 3 sock balls
- basket (cardboard box, bowl, piece of paper on the ground)

Small space modification: Tape a piece of paper or a post it on the wall.

<https://youtu.be/IRkNsh8tvaY>



Yoga Day 1

Bernal PE

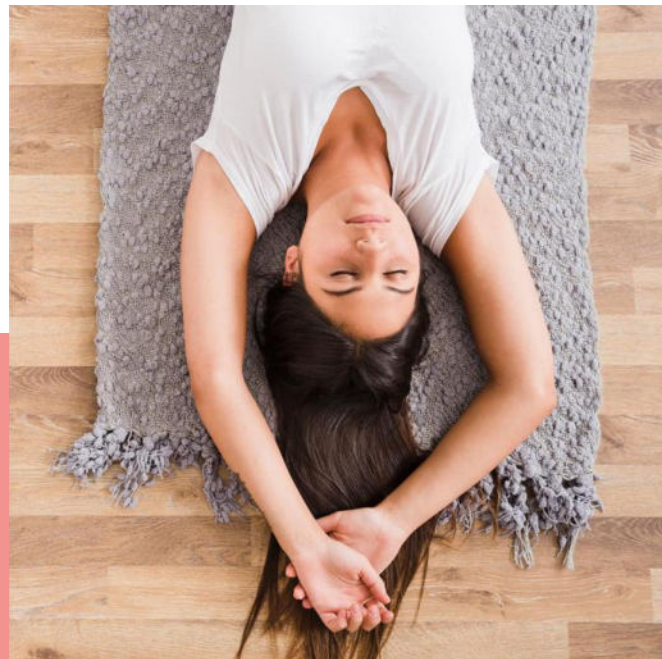


Connect with your mind & your body



Why Yoga ? ,

You can learn about this wonderful practice which will help you relax, exercise, and improve your overall health.

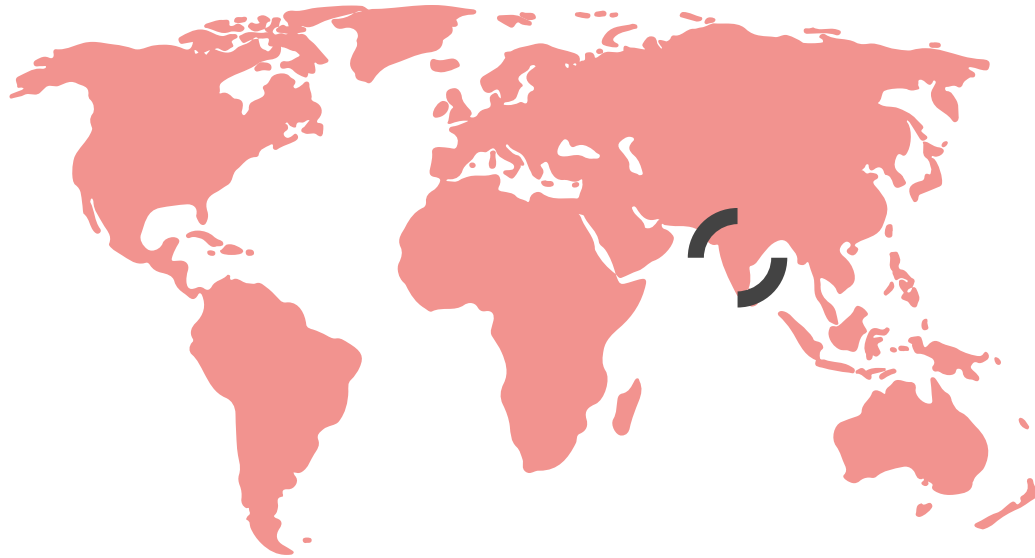


A woman with blonde hair tied in a bun is performing a handstand. She is wearing a black and white patterned long-sleeved top and black shorts. Her legs are straight and vertical, with her feet pointing upwards. Her arms are extended downwards, supporting her weight on a light gray floor. The background is a plain, light gray wall.

Be a Yogi,

Yoga is an ancient discipline that connects the body with the mind by means of poses, exercises, breathwork and meditation to improve one's health and welfare

The Origin,

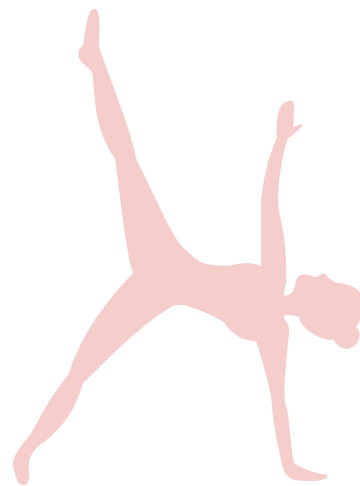


Yoga originated in ancient India, and it took hundreds of years for it to be known in Europe



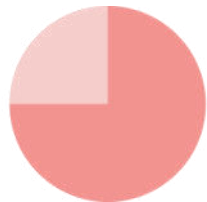
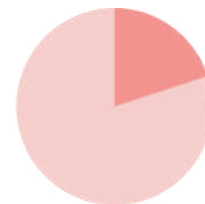
500M,

yoga practitioners of all
levels all around the world



20%

Have a positive opinion about
their physical and mental
health

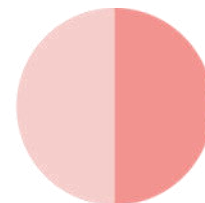


Practice other additional
physical activities or sports

75%

50%

Dedicate free time to the
community/voluntary work





Mind & Body

Why Practice It?,

+ Memory

Improves your memory, emotional stability and concentration

+ Energy

Reinvigorates, gives you energy and reduces risks of a heart attack

- Stress

Eases the effects of depression or anxiety and stimulates your mind

- Insomnia

Helps alleviate sleeping issues thanks to its relaxing nature

“

Yoga not only changes our
point of view about life, but
also transforms you as a
person

”

Someone Famous

Kevin Love

He is a five-time All-Star and won an NBA championship with the Cavaliers in 2016.

“I was introduced to yoga
10 years ago after my
Rookie season and it has
helped me enhance my
overall fitness and mental
health”.



Evan Longoria

3rd Baseman SF Giants

“To be strong in general doesn’t necessarily mean you’re going to be strong from a baseball standpoint. When you’re hitting, you want to be as stable as you can and use the three-dimensional aspect—the rotation in your core—to actually translate to power.”



Lebron James

Do we really need to tell you who he is?



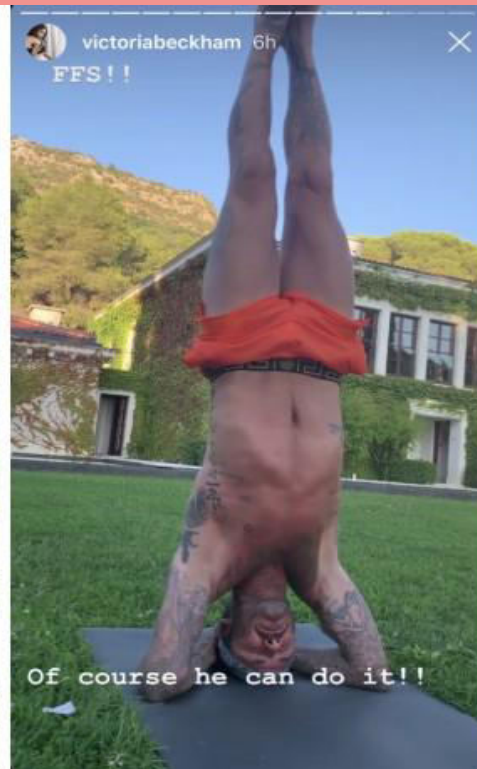
"Yoga isn't just about the body, it's also about the mind, and it's a technique that has really helped me," James told the Cleveland Plain Dealer back in 2009. "I had some lower-back problems a few years ago and once I started to do the yoga, it has helped them go away for now."

Tampa Bay Buccaneers

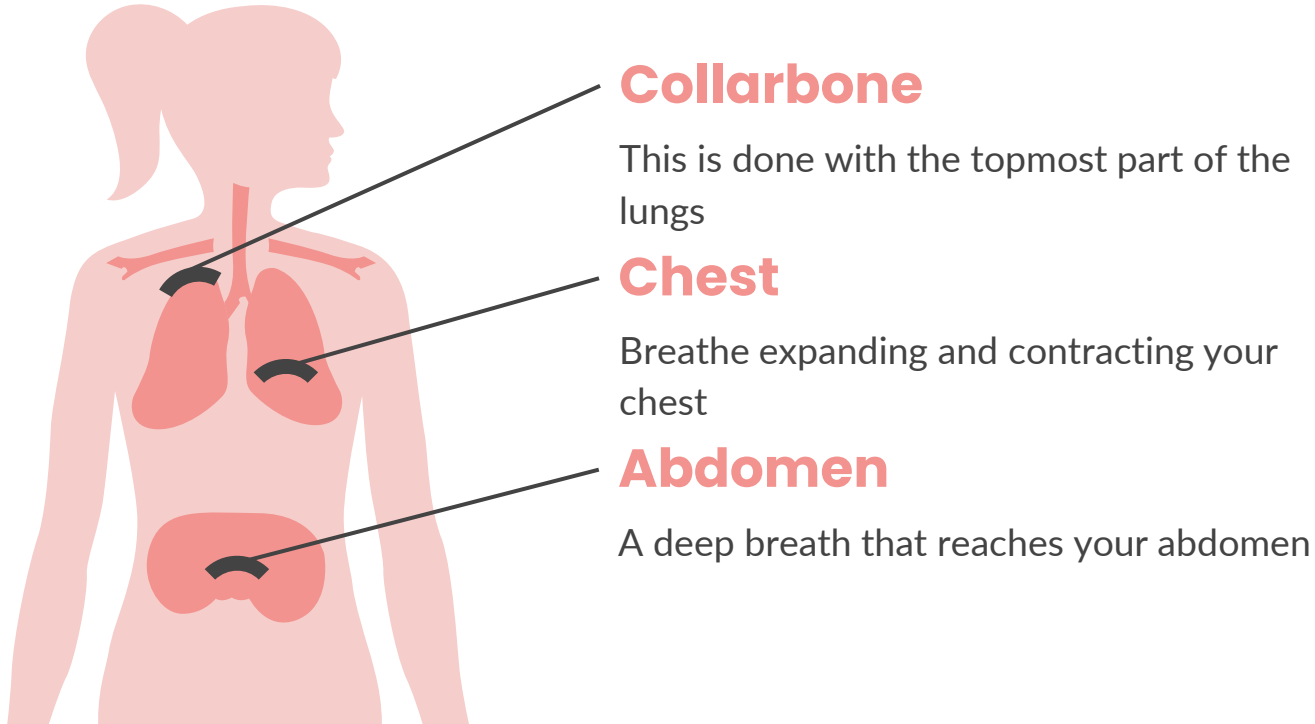


“I do it every offseason to work on my flexibility, my mobility, my core, my stability,” Robert Ayers told the Tampa Bay Times. “I’m not extreme, but I like it. If you want to do things, performance-wise, it’s not just about lifting weights and running fast and bench-pressing and pushing sleds.”

Victoria and David Beckham



Relax and Breathe,



A Picture Is Worth a Thousand Words





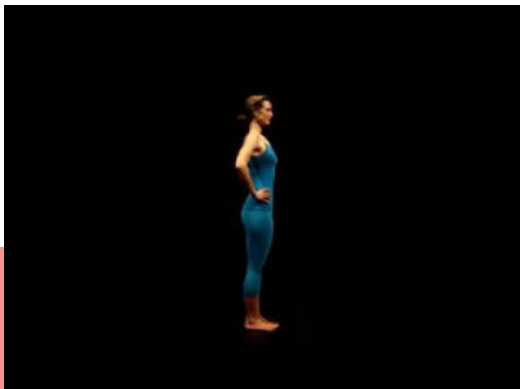
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Exercises

Let's try some yoga poses!



Exercises **Part 1**



Mountain Pose

Stand with big toes together and heels slightly apart. Head straight, back straight, hands at sides

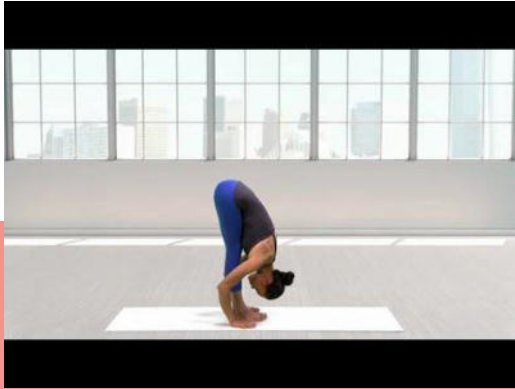


Upward Salute

With an inhale, sweep your arms out to the sides and up toward the ceiling.

<https://youtu.be/NZBusGP6zcg>

Part 1- Continued



Forward Fold

Exhale and Bend forward at the hips



Halfway Lift

Breathe in, straighten back, bring hands to shins, gaze in front

<https://youtu.be/qr6xnOfa2>

oM



Plank

Hands under shoulders, fingers spread. Feet shoulder-width apart

Part 1- Continued



4 Limb Staff Pose

Lower body, keep elbows in,
contract abs



Cobra Pose

Bring hands to ribs and
gently lift shoulders and
head



Downward Dog

Adopt an inverted V pose and
try to keep your head under your
body

Try this series
of
Movements

Time it with
the breath

Can you move
easily from
one pose to
the next with
the breath
incorporated?

Begin and End
Stand tall, feet together on ground, hands together at chest.

10. Inhale
Raise torso, extend arms over head, arch back.

9. Exhale
Come up halfway to flat back.

8. Inhale
Feet forward between hands. Slightly bend legs. Fold in.

7. Exhale
Lift tailbone, push back. Keep your back straight, knees slightly bent.

6. Inhale
Straighten legs, hips forward, bend slightly at waist. Lift chest.

5. Exhale cont.
Lower knees, chin, and chest to floor. Hips high and elbows in.

4. Exhale
Both feet back in plank, back straight with shoulders over wrists.

3. Inhale
Come up halfway to flat back.

2. Exhale
Chest forward and knees slightly bent. Fold in.

1. Inhale
Lift arms over head, lean hips forward, arch back.

SUN SALUTATION
While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

#DeStressMonday

DESTRESS MONDAY

Yoga with Rashmi



Did You Know This?

Yoga is also considered a philosophy of life

June 21 is the official International Day of Yoga

It leads to integrity and personal welfare

Yoga comes from the Sanskrit root *yuj* (to join)

70 percent of yoga practitioners are women



Resources,

Did you like the resources on this template? Get them for free at our other websites:

PHOTOS:

- Woman doing yoga at home
- Woman doing yoga at home
- Full shot fit woman standing on arms
- Young female with hands united in air
- Woman doing yoga at home
- Side view woman in black clothes with yoga mat
- Side view woman exercising on mat
- Full shot blonde woman complex position

- Medium shot woman standing on yoga mat
- Elegant position at yoga class indoor
- Inner balance while standing on one leg

VECTORS:

- Minimal business card template
- Yoga silhouettes pack

Alternative Resources,

PHOTOS:

- Woman doing yoga at home
- Woman doing yoga at home
- Full shot woman with one leg up
- Portrait young female with hands united in air
- Woman doing yoga at home
- Bridge position execution by young woman
- Young woman standing in hands at yoga class
- Yoga class with beautiful woman
- Beautiful pose at yoga class indoor
- Beautiful woman elegant position at yoga class
- Portrait woman with hands united at chest



VECTORS:

- Purple silhouettes yoga poses pack
- Minimalistic business card