

Yoga- Day 2

Stretches and Warm Ups



Game Time!!!

Cup Stack Soccer Challenge

Materials Needed:

1 sock ball

4 Plastic/ non breakable cups



Review
from
Last
week

Sun
Salutation
A

Begin and End

Stand tall, feet together on ground,
hands together at chest.

10. Inhale

Raise torso, extend arms
over head, arch back.



1. Inhale

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



2. Exhale

Chest forward and
knees slightly bent.
Fold in.



3. Inhale

Come up halfway
to flat back.



SUN SALUTATION

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

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.



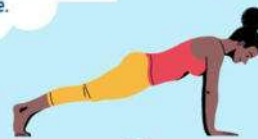
5. Exhale cont.

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



4. Exhale

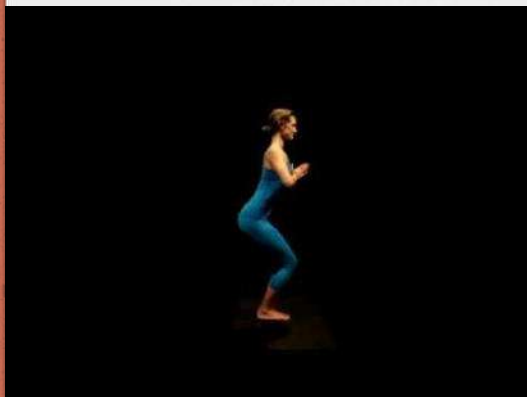
Both feet back in plank,
back straight with
shoulders over wrists.



#DeStressMonday

DESTRESS
MONDAY

New Poses (Day 2)



Chair Pose

Begin in Mountain, lower into seated position and lift arms



Upward Facing Dog

Variation: Cobra pose
Press hands into mat and lift torso and legs off ground



Warrior 1 Pose

Begin in Mountain, Move legs wide and bend front knee.
Keep back leg straight

Practice this sequence:

- Mountain
- Chair
- Forward Fold
- Halfway lift
- Plank position
- Upward- Facing Dog (Cobra)
- Downward Dog
- Warrior 1- Right leg
- Plank position

- Upward- Facing Dog (Cobra)
- Downward Dog
- Warriors 1- left leg
- Plank position
- Upward Dog (Cobra)
- Downward Facing Dog
- Forward Fold
- Halfway lift
- Chair
- Mountain

Combining Day 1 with Day 2

Sun Salutation A and Sun Salutation B



Importance of water

Individuals require different amounts of water based on gender, body type, environment, and lifestyle

In general, you should try to drink between half an **ounce** and an **ounce** of water for each **pound** you weigh, every day. For example, if you weigh **100 pounds**, that would be 50 to 100 **ounces** of water a day

Drink water before class and during breaks but don't overdo it

14 Benefits of drinking water

1. Lubricates joints
2. Forms saliva and mucus
3. Delivers oxygen through the body
4. Boosts skin health and beauty
5. Cushions brain, spinal cord and other sensitive tissues

1. Regulates body temp
2. Helps with digestion
3. Flushes body waste
4. Maintains blood pressure

1. Airways need it
2. Makes minerals and nutrients accessible
3. Prevents kidney damage
4. Boosts exercise performance
5. Weight loss

Medical news today