



HS Personal Fitness and Wellness

April 22, 2020



HS Personal Fitness and Wellness

Lesson: April 22, 2020

Objective/Learning Target:

Students will participate in a variety of Yoga poses while building muscle strength and improving their personal levels of flexibility.

Let's Get Started:

YOGA-NA-LOVE IT!

Practice:

- Yoga is all about challenging your limits and reaching new stages of strength and flexibility. But you should never stretch beyond capacity.
- On a general basis, you need to hold the yoga poses for about 10-12 breaths. With practice, you can also go up to 30 breaths. It will help you hold the pose for around 3 minutes.
- Don't push yourself to any kind of limits and make sure you are comfortable with these movements.
- Repeat for 2-3 times.
- Refer to the slides with the poses before you start your workout. Modifications can be made for certain poses if needed.
- Be sure to Hydrate.

GOOD LUCK and DON'T FORGET TO BREATHE!!

Upward Salute

Tip: Extend your elbows fully and reach up through your pinkies so your thumbs turn slightly down toward the crown of your head. Making sure not to compress the back of your neck, tip your head back slightly and gaze at your thumbs

Do it: to stretch your shoulders and armpits



Seated Forward Bend



Mountain Pose

HOW TO DO

Mountain Pose

(TADASANA)



YOGA BY
KARINA

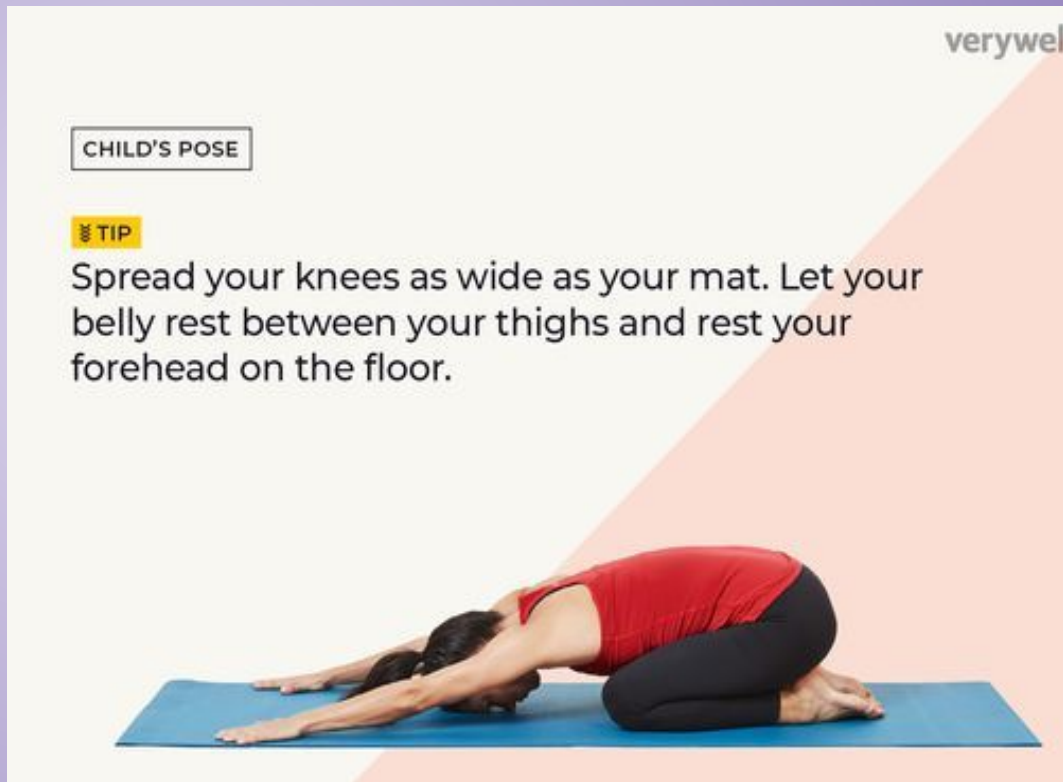
Child's Pose

Do it: to get a nice gentle stretch through your neck, spine and hips

Skip it: if you have knee injuries or ankle problems

Modify: Rest your head on a cushion or block. You can place a rolled towel under your ankles.

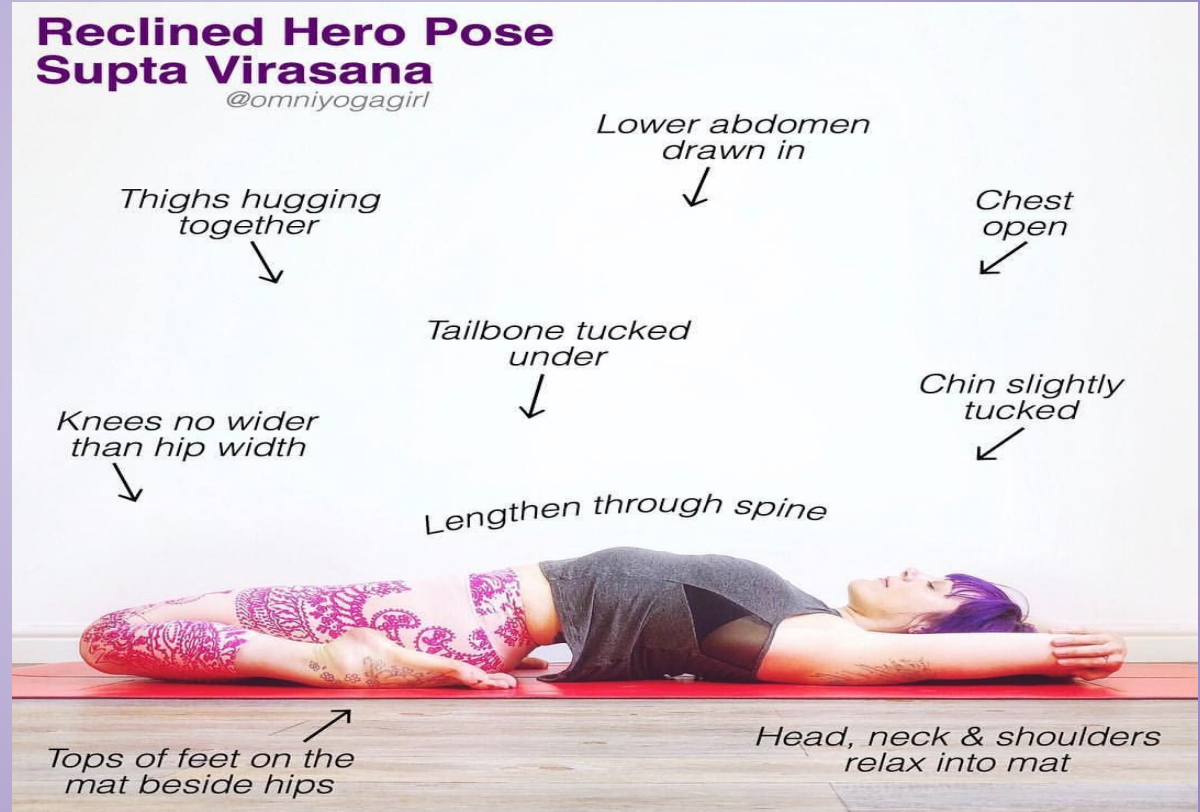
Be Mindful: Focus on relaxing the muscles of the spine and lower back as you breath.



Reclining Hero Pose

Do it: to stretch the abdomen, thighs and deep hip flexors, knees, and ankles

Motify: If you're not able to recline fully on the floor, set a bolster or one or more folded blankets behind yourself to fully support your spine and head. Use as much height as you need to make the position reasonably comfortable.

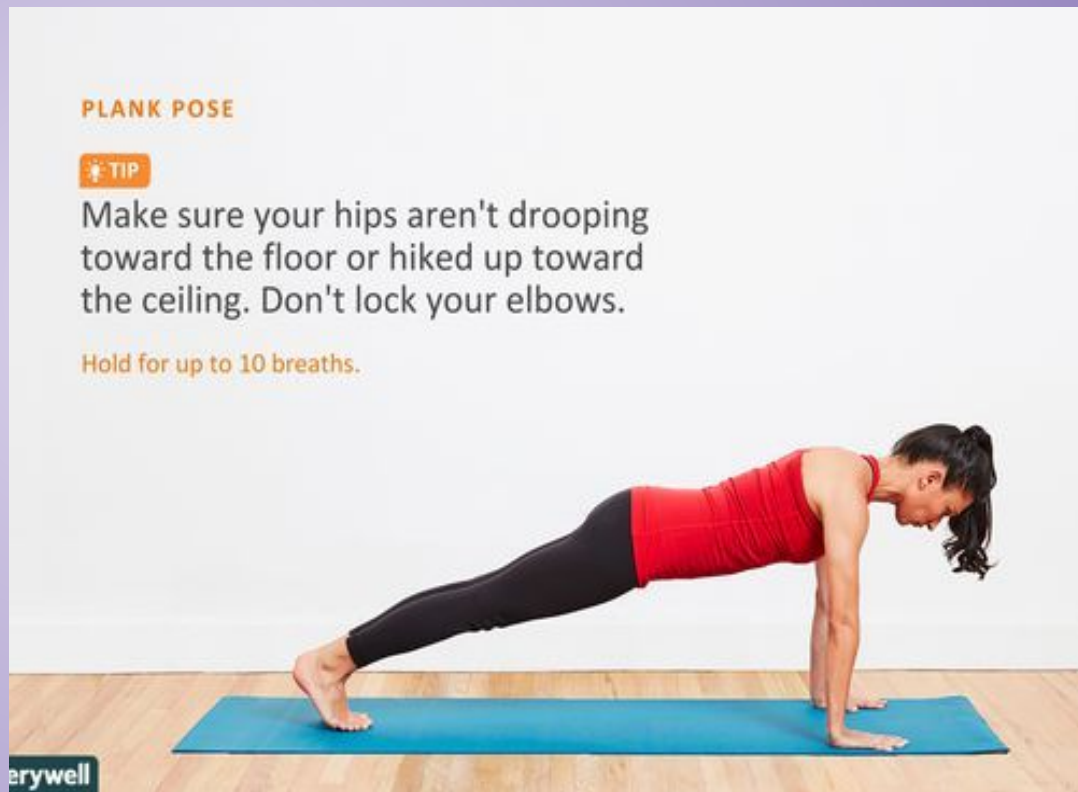


Plank Pose

Do it: to tone abs and build strength in your upper body

Modify: place your knees on the floor

Be Mindful: imagine the back of your neck and spine lengthening



Upward Plank Pose



Side Plank Pose



Downward-Facing Dog

Do it: to help relieve back pain

Skip it: if you have carpal tunnel syndrome or other wrist problems

Modify: you can do the pose with your elbows on the ground or you can use blocks under your hands

Be Mindful: Focus on distributing the weight evenly through your palms and lifting your hips up and back, away from your shoulders.

DOWNWARD DOG

TIP

Keep both toes pointed towards the front of your mat and sink your heels toward the floor.



Boat Pose

Do it: to stretch your hamstrings, strengthen your spine and hip flexors

Be Mindful: Focus on keeping a tight V between your thighs and torso

BOAT POSE paripurna navasana




Sit on sit bones and tailbone to make sure back doesn't round

yoga
JOURNAL

Cobra Pose



 **THE COBRA POSE STEP-BY-STEP**

- 1.** LIE FLAT ON STOMACH WITH POINTED TOES.
- 2.** PLANT PALMS ON MAT, BELOW AND SLIGHTLY OUTSIDE SHOULDERS.
- 3.** ENGAGE LEGS AND STOMACH BY FLEXING. PRESS HIPS AND TOP OF FEET INTO MAT.
- 4.** TILT HEAD BACK UNTIL CHIN POINTS FORWARD AND NECK IS COMPRESSED.
- 5.** INHALE, MIMICK HEAD MOVEMENT WITH REST OF BODY BY STRAIGHTENING ARMS.
- 6.** KEEP HIPS PLANTED FIRMLY ON MAT AND RAISE NAVEL OFF THE GROUND.
- 7.** ROLL SHOULDERS BACK AND DOWN. BEND EVENLY THROUGH LOWER, MIDDLE, AND UPPER BACK.
- 8.** BREATHE AND HOLD POSE.
- 9.** EXHALE. BEND ARMS, LOWER NAVEL TO MAT, THEN CHEST, SHOULDERS, AND, FOREHEAD.



Put it all together and begin Your Workout!

YOU

GOT

THIS

20-Minute Yoga Workout

FOR BEGINNERS



UPWARD SALUTE



MOUNTAIN POSE



SEATED FORWARD BEND



RECLINING HERO POSE



PLANK POSE



UPWARD PLANK POSE



SIDE PLANK POSE



DOWNWARD DOG



BOAT POSE



WIDE-ARM COBRA



CHILDS POSE



IT'S NOT ABOUT PERFECT
IT'S ABOUT EFFORT