

WE YOGA

Yoga uses breathing techniques, exercises and meditation.

It is scientifically proven to improve your general health and mental state of well-being (makes you feel happier).

Please try these activities with your children:

Aeroplane

Stand with feet parallel and under hips. Breathe, focus and stretch one leg back. Tip forward until you are parallel with the floor, remember to keep your knee a little bent when standing. Spread your arms out like wings to balance. Hold posture for a few seconds. Now, can repeat this on the other leg? See if you can build up your time over the week.



Boat

Sit tall with your legs straight in front of you. Bend your knees up towards your chest with your feet on the ground. Gradually, lean back a little so your feet come up and off the floor, remember to keep your toes pointed. Stretch out your arms and balance. If you feel confident, stretch out your legs a little further. In boat pose, feel and engage your core, right in your belly. When you think you can't keep holding the pose, stay for 2 more breaths and see what happens.



Warrior 1

Stand tall with your feet together. Take 1 large step forward with your right leg so that you are in a lunge position with the front leg bent and the back leg straight. Make sure your back heel is down to the floor and press. Bring your hands to the thigh of your right leg and hold for the count of 2. Reach both arms up to the sky and hold for a few seconds. Now, can you try with your left leg? See if you can hold the pose for longer next time.



Partner Work

Why not try the boat pose with a family member?

Double Boat

Sit up tall with your knees bent in front of your partner. Touch toes and hold hands. Carefully lift one of your legs each so that the soles of your feet are touching. Then, see if you can lift the other leg so that the soles of the feet are touching. Both legs should now be lifted at the same time. See if you can straighten both legs and arch back for an extra challenge. As with any balance pose, focus, breathe and move slowly, one step at a time. If you fall, roll and laugh and start again. Try different positions with legs to create different kinds of boats. Stay afloat for as long as you can!



BREATHING AND RELAXATION ACTIVITIES

Bear breath:

Discover your own peace and balance with this special breath. Sit up tall, close your eyes. Breathe in through your nose for a count of 5 and hold in for a count of 3. Breathe out for a count of 5 and then hold out for a count of 3. Repeat for 5-7 rounds. Open your eyes and notice how you feel.

Elephant Breath

Wake up and Energise with this special breath. Stand with your feet wide apart. Link your hands and dangle your arms in front of you like an elephant trunk. Inhale through your nose as you raise your arms high above your head and lean back. Exhale through your mouth as you swing your arms down through your legs. Repeat for 3 rounds. Stand up tall, arch your back and relax.