

Breathe

Snake Breath

Sit up tall. Take a deep breath in, filling up your whole body.

Pause and breathe out: slowly and smoothly, making a hissing sound for as long as you can.

Repeat for three to five rounds, feeling yourself slow down and become calmer each time.

Please read!

Please ensure that you are well.

Do not go beyond your ability,
If you can't do something today,
Leave it until tomorrow and say to Yourself. "I will be able to do this, or I can't do this yet but I will try again."
Be safe and keep well.

Time In

Special Place

Sit back and relax. Breathe deeply and slowly. Close your eyes and go inside. Feel your breathing and let go of everything else... Imagine a place that is special to you...where you love to be. Wherever it is, go there now. Notice what it looks and smells like..You feel safe and loved, happy and relaxed. Enjoy some time there.

Balance

Tree

1. "I send out roots deep into the earth." Stand in mountain pose. (feet together, arms by your sides)
2. "I am focused and stable." Palms to chest, tuck one foot inside the opposite leg.
3. "I reach high to the sky." Stretch your arms out like branches.
4. "I am a beautiful tree." Bring your arms together above your head.



Eastertoun Primary School & ELC

Yoga Pretzels

Exercises for body and mind

Twist and Stretch

Cat

1. "I am alert." Place your hands under your shoulders, knees under hips..
2. "I am supple." Breathe in to arch your back and raise your head
3. "I am fluid and strong." Breathe out to round your back and look at your belly button.
4. "I am a cat." Lean back on your shins and stretch your arms forward.

Stand

Dancer

1. "I lengthen my spine." Stand tall in mountain pose.
2. "I am ready to dance." Hold one ankle and lift the other arm
3. "I Move with finesse." Bend forward as you press your leg up and back
4. "I am a graceful dancer." Arch lift and extend.

Forward Bend

Gorilla

1. "I am a flexible gorilla," squat down with your knees open, hands on the ground..
2. "I am big and strong." Come up a bit and rest your elbows on your thighs.
3. "I swing and hang loose." Straighten your legs and swing to the right
4. "My life is fun." Now swing to the left.

Back Bend

Fish

1. "I am long and supple." Sit up tall, legs straight.
2. "I plunge into the sea." Lean back on your forearms.
3. "I open my heart." Touch your head to the floor.
4. "I swim deep and trust." Join your hands above your belly.