

Mooga

Try any series of these yoga poses for 3-5 minutes at the beginning or middle of class. Getting students energized and moving is proven to help students stay focused on learning!

TRIANGLE POSE

- Extend arms out to sides, then bend over your right leg.
- Stand with feet about 3 feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees.
- Allow your right hand to touch the floor or rest on your right leg below or above the knee, and extend the fingertips of your left hand toward the ceiling.
- Turn your gaze toward the ceiling, and hold for 5 breaths.
- Stand and repeat on opposite side.



TREE POSE

- Stand with arms at sides.
- Shift weight onto left leg and place sole of right foot inside left thigh, keeping hips facing forward.
- Once balanced, bring hands in front of you in prayer position, palms together.
- Extend arms over shoulders, palms separated and facing each other. Stay for 30 seconds.
- Lower and repeat on opposite side.



DOWNWARD COW



- Start on all fours with hands directly under shoulders, knees under hips.
- Walk hands a few inches forward and spread fingers wide, pressing palms into floor.
- Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.
- Hold for 3 full breaths.

BUTTERFLY

- Sit with your knees close to your chest.
- Relax your knees out to either side.
- Gently press the bottoms of your feet together.
- Hold your feet or your ankles.
- Breath deep and hold for 30 seconds.



WARRIOR

- Stand with legs 3 to 4 feet apart, turning right foot out 90 degrees and left foot in slightly.
- Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.
- Bend right knee 90 degrees, keeping knee over ankle; look out over right hand. Stay for 1 minute.
- Switch sides and repeat.



BOW

- Lie flat on your stomach, stretching your arms to your sides.
- Reach for your ankles and slowly make a bow shape with your body.
- Hold for 5 deep breaths.

