

THE y



CHO



NOW, MY BODY FEELS

clenched teeth and fists	strong	dizzy or mind racing	light and airy	numb, detached
tight muscles	peaceful and calm	bursting with energy	crying tears	balanced and relaxed
beating heart				

BEFORE I DO YOGA, I WILL TAKE SOME SLOW, DEEP BREATHS.


1. Pretend that your belly is like a balloon.
2. Take in a slow, strong breath.
3. Notice how the balloon gets bigger as it inflates with air.
4. Slowly breathe out.
5. Notice how the balloon gets smaller as it deflates.
6. Try this 5-10 times.

WHEN I DO YOGA, I WILL REMEMBER TO BREATHE THIS WAY.

The YOGA POSES I will try are:


GIRAFFE	CRANE	WOLF	SEA LION	SHEEP	TURTLE	DEER	FOX
TIGER	EAGLE	LION	CAT	ZEBRA	DOG		
FLAMINGO	BEAR	KANGAROO	PEACOCK				

chair BEAR (MOUNTAIN)




Sitting tall with confidence in your chair. Face your feet forward. Anchored to the floor. Let your arms stretch, switch sides.


chair JAGUAR (WARRIOR III)



Stand behind your chair and hold onto the backrest with your hands, so that there is enough space for you to straighten your arms out in front of you. Lift and extend your left leg behind you as you stand on your right leg flexing your left foot. Bend your upper body forward so that it is parallel with the ground. Focus on your balance and strength. Repeat the steps on the other side.



standing LION (WARRIOR II)



Standing tall with arms to your side at a slight angle. Now bend your right leg into a lunge position so that your thigh is parallel to the ground and your foot is facing forward. Lift your arms above your head toward the ceiling, keeping the top part of your torso facing forward. Feel your strength. Hold this pose for a few breaths. Repeat on the other side.

DOG

(Downward Facing Dog)



I AM LOVABLE

CHAIR

1. Stand in front of and face the chair.
2. Lean over and place your hands flat on the seat.
3. Slowly, take a step or two back so that your arms are stretched out in front of you and your spine is long and straight.
4. Place your feet hip-width apart from each other.
5. Look down towards the floor or between your legs.

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standing SHEEP

(FORWARD BEND)



standing PUMA

(CRESCENT LUNGE)



chair SEA LION

(TWISTED CHAIR)





chair SHEEP

(FORWARD BEND)
Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing EAGLE

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing LION

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing PEACOCK

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



chair GIRAFFE

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing CRANE

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing PUMA

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing SHEEP

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



chair SEA LION

Stand tall in Bear Pose. The
on your left leg lift your right
together and feel the stretch in
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higher for a deeper stretch. as you
extend your left arm forward
the other side.



standing EAGLE

Stand tall in Bear Pose. The
on your left leg lift your right
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slightly forward and lift your back
higher for a deeper stretch. as you
extend your left arm forward
the other side.



FOCUS

Sitting comfortably in your
chair, fold your arms on your
desk and lay your forehead
down. If you feel like it,
close your eyes. Just pay
attention to the sensations in
your body, from the tips of
your toes to the top of your
head. Just relax, rest and
breathe.



standing JAGUAR

Stand tall in Bear Pose. Now lift and extend your left
leg behind your body as you stand on your right leg
bend your upper body forward so that it is
parallel to the ground. Try to extend your arms either
forward or straight in front of you. Focus
on the stretch. Repeat the
other side.

