



Yoga in the classroom: Script

Step one:

Stand up *tall* and *straight*. Look straight ahead with the *palms* of your hands held together at your *chest*, your *feet* closed in, *toe* to toe and *heel* to heel. *Breathe in* and then *out* as you *extend* your arms in front of you at *shoulder level*, palms down.

Step two:

Raise your arms high over your head and *lean backwards* from the *waist*, *inhaling* deeply.

Step three:

Bend your body *forward* and *exhale*. *Reach* your hands down to your toes. Place your hands *flat* on the floor. Bend your *knees* if you need to.

Step four:

Move your right *leg backwards* while keeping the left leg where it is. Bend the left leg at the *knee* and *rest* the knee of the right leg on the ground. The right leg should *touch* the ground only with the toes and the knee. Raise your *chin* and chest and inhale *deeply*.

Step five:

Move your left leg back as *far* as you can, to the *full length* of the leg. Then move the right leg back as *well*, making a *plank-shape*; your head, back and legs should make a straight *line*.

Step six:

Bend your arms and *let* your *body* rest on the ground. As you *lower* your body down, *exhale*. Your toes, knees, chest, *forehead* and the palms of your hands should be touching the *ground*.

Step seven:

Straighten your arms, *leave* your legs where they are, raise your head and chest *upward*; lean back and raise your chin up as high as possible. Breathe in.

Step eight:

Without moving your feet or hands, *lift* your *waist* towards the *ceiling*, so that your body is making a *triangle*, like a *mountain*, with the knees and *elbows* straight. Try to touch your heels to the ground. Exhale.

Step nine:

Put your left knee down on the ground, about *half way* between your hands and the feet. Then bring your right leg forward *all the way* to your hands (in reverse of position No. 4). Inhale.

Step ten:

Bring your left leg forward, putting the left foot at the side of the right foot; let your hands *remain* on or near the ground, straighten your legs. Exhale.

Step eleven:

Slowly raise your arms high over your head, stand up straight and lean backwards from the waist inhaling deeply.

Step twelve:

Lower your arms down to your sides. Exhale.



Question:

Can you identify some of the poses mentioned in the pictures?