

# 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.



## 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.
- Breathe deep and hold for 30 seconds.



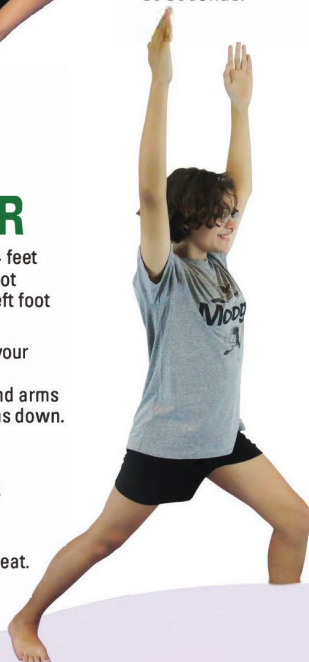
## DOWNWARD COW



- 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.

## 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.





## PEACEFUL WARRIOR

- Bring your feet far apart with the back edge of your back foot stabilizing you by pressing into the mat.
- Have your front foot face the short edge of the mat.
- Bend your front knee and open your arms long for a warrior 2.
- Then keeping your legs the same, reach back with your front arm as your back arm heads down your back leg.
- This pose is grounding AND energizing!



## TWIST

- Sit up super tall with one leg long on the floor.
- Bend the other leg and bring it over the extended leg.
- Lengthen the spine and begin to gently twist toward the outside of the bent leg.
- Look gently behind your shoulder keeping the spine long.
- Take three breaths and unwind slowly with your head leading the way.
- This pose feels balancing to the body and brain!



## TURTLE

- Sit on your mat with your knees bent and the inside of your feet touching.
- Try and crawl your fingers under your shins as your head melts toward your feet.
- Rest in this forward fold for deep ease, rest and calm.



## WHEEL

- Lay down on your mat or the floor and bend your knees.
- Place your hands by your ears with your fingers pointing toward your feet.
- Begin to lift up your body as you BREATHE!
- This is a big backbend and will give you lots of energy!



## SEATED FORWARD FOLD

- Sit with your legs long (you can bend your knees a bit if your hamstrings are tight!)
- Lengthen through your spine and then walk your fingers forward toward your toes without collapsing through the spine!
- This pose will restore calm and peace!



## CAMEL

- Sit up on your knees in a comfortable, stable position.
- Place your hands behind your back as if you are putting them in imaginary back pockets.
- Lift the center of your chest as you lean back.
- Keep your head lifted until you become more familiar with the pose!
- This pose will energize you!

