



## HOLIDAY YOGA



TOOLKIT

# MEDICAL DISCLAIMER

Not all exercises are suitable for everyone and it is recommended that you consult your doctor before beginning this or any exercise program. To reduce the risk of injury, never force or strain or attempt these exercises without the assistance of a trained yoga instructor. If you experience pain or discomfort during this exercise, stop immediately and consult your doctor. The instruction presented is in no way intended as a substitute for medical advice.

# HOLIDAY TOOLKIT

## FIRST EDITION

Yoga Ed.

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Yoga Ed. Pre-School Curriculum

Yoga Ed. K-8 Curriculum

Yoga Ed. Sportime Grade K-2 Physical Education Curriculum

Yoga Ed. Sportime Grade 3-5 Physical Education Curriculum By

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YOGA ED. HOLIDAY YOGA TOOLKIT  
FIRST EDITION.

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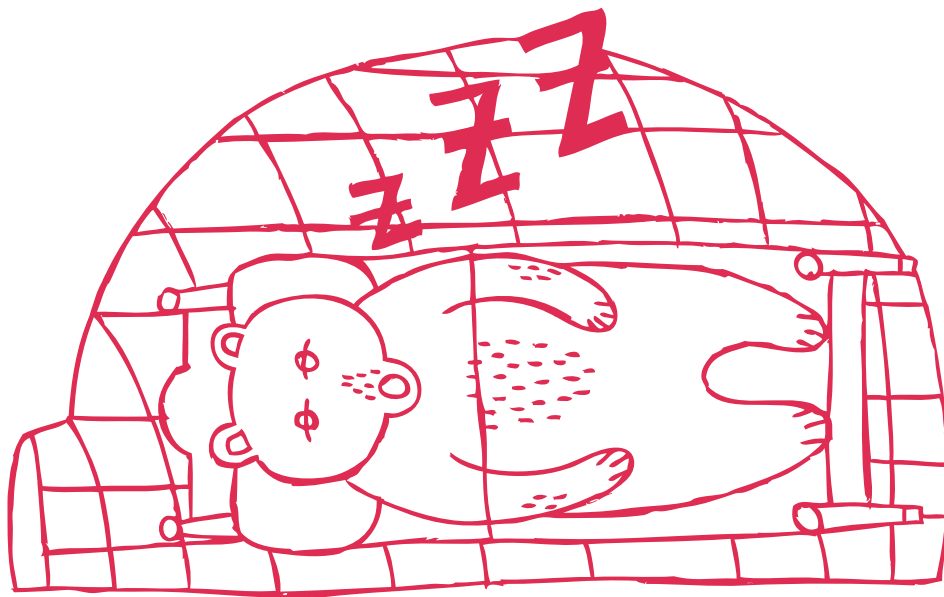
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YOGA 



## BEAR BREATH



### Benefits:

- Develops breath awareness by deliberately bringing the breath into equilibrium
- Focuses the mind
- Increases concentration

### Instructions:

1. Inhale through your nose for three to five counts and pause for one to two counts.
2. Exhale through nose three to five counts and pause for one to two counts.
3. Repeat.



#### Tailoring Tidbits:

You have the option to lead your kids through the exercise by counting for them, or have your kids use one hand to count quietly for themselves.

## CANDLE BREATH

### Benefit:

- Encourages control of the exhalation
- Focuses the mind

### Instructions:

1. Bring your hands together with the tips of your pointer fingers near your mouth. Imagining the tips of your pointer fingers form a candle, inhale through your nose.
2. Exhale slowly through your mouth, blowing out the candle.



### Tailoring Tidbits:

You can choose to hold your candle closer to your body for a quick, short exhale or farther away for a long, extended exhale.

## JOY BREATH

### Benefit:

- Awakens the body
- Increases oxygen levels
- Releases tension

### Instructions:

1. Stand with your feet wide apart, knees slightly bent, arms straight. Inhale, raising your arms up overhead.
2. Exhale, lowering your arms to chest level.
3. Inhale, opening your arms to the side.
4. Exhale, bringing your arms back to the middle.
5. Inhale, raising your arms up and overhead.
6. Exhale strongly and sharply with a “HAAAH” sound, bending your knees and swinging your arms down and behind you.
7. Inhale, swinging your arms up and overhead.
8. Repeat three to five times.
9. Rest and notice how you feel.



Joy Breath 1



Joy Breath 2



Joy Breath 3



Joy Breath 4



Joy Breath 5



Joy Breath 6

## FOLDING STAR



**Physical Benefit:**

- Lengthens the spine
- Strengthens the ankles, knees, quadriceps, hip flexors, abdominals, and spine
- Stretches the hamstrings and inner leg

**Mental Benefit:**

- Builds focus
- Develops willpower
- Increases calmness

**Gaze Point:**

Navel

**Instructions:**

1. Begin in Star Pose.
2. Inhale bring your hand to your hips, lengthen your spine.
3. Exhale and fold forward until your hands can touch the floor.
4. Breathe.
5. When you are ready, inhale and gently stand back up.
6. Exhale, step back to Mountain Pose at the front of your mat.

**Cues:**

Make sure your shoulders are over your wrists, your fingers are spread wide. #3.1

Make sure your head is lifted away from the floor. #3.2

Tuck your chin to your chest to protect your neck. #5

**Creative Language:**

Count out the number of points on the star. #1

**Grade:**

Pre-K to K; 1 to 3; 4 to 5

**Other Anatomical Focus:**

Hip; Forward Fold

**Modifications:**

Notice	Reason	Modification
Pain in knees or shaking	Tight hamstrings	Bend in the knees
Head on the ground	Legs too far apart	Shorten the distance of the legs

## TREE



VARIATION 1



VARIATION 2



VARIATION 3



Physical Benefit:

- Lengthens the spine
- Strengthens the ankles, calves, knees, hamstrings, abdominals, back, and neck
- Stretches the quadriceps, hip flexors, chest, and shoulders

Mental Benefit:

- Builds concentration and focus

Gaze Point:

Down the nose

Instructions:

1. Begin in Mountain Pose.
2. Inhale, bring your hands onto your hips.
3. Exhale, step your right foot to the inside of your left leg.
4. Inhale, stand tall in your tree body.
5. Exhale, extend your arms up towards the ceiling.
6. Breathe.
7. When you are ready, bring your hands back down to your hips and return to Mountain Pose.
8. Repeat on the other side.

Cues:

Your right toes are like a kickstand. Your toes on your left foot keep you rooted to the mat. #3

Spread your hands wide allowing your fingers to turn in slightly and your shoulders to melt away from your ears. #5

Breathe smooth and steady to keep yourself balanced and focused. #6

Creative Language:

Your toes are the roots of your tree; they help you to stand strong and balanced. #3

Stretch your arms up like the growing branches on a tree. #5

Grade:

Pre-K to K; 1 to 3; 4 to 5

Modifications:

Notice	Reason	Modification
Off balance	Difficulty finding balance	1. Foot like a kickstand 2. Foot to inner calf 3. Foot to inner thigh
Foot on knee	Lack of awareness	1. Foot like a kickstand 2. Foot to inner calf

## CAMEL



### VARIATION 1



VARIATION 2

Physical Benefit:

- Strengthens the ankles, quadriceps, groin, abdominals, back, and throat
- Stretches the hip flexors, chest, spine, and shoulders

Mental Benefit:

- Stimulates the mind

Gaze Point:

Down the nose

Instructions:

1. Begin in Table Pose.
2. Inhale, walk your hands back to come to standing on your knees.
3. Exhale, bring your hands onto your hips and tuck your toes under.
4. Inhale, lift your chest by rolling your shoulders onto your back.
5. Exhale, bring your right hand towards your right heel or ankle.
6. Inhale.
7. Exhale, bring your left hand towards your left heel or ankle.
8. Inhale.
9. Exhale, press your hips forward.

Instructions (continued):

10. Breathe.
11. When you are ready, engage your abdominals to exit the pose.

Cues:

Keep your chest lifted. #7

Grade:

4 to 5

Modifications:

Notice	Reason	Modification
Difficulty finding the heels	Tight hip flexors	Keep the hands at the hips
Dizziness	Rush of blood to the head	Keep chin to chest

## RAG DOLL



**Physical Benefit:**

- Strengthens the ankles, knees, quadriceps, and abdominals
- Stretches the calves, hamstrings, hip flexors, back, and neck

**Mental Benefit:**

- Builds concentration
- Calms the mind

**Gaze Point:**

Down the nose

**Instructions:**

1. Begin in Mountain Pose.
2. Inhale, reach your arms up to the sky.
3. Exhale, bend your knees and reach your hands toward the floor.
4. Inhale, catch opposite elbows.
5. Exhale, allow your back to be long and your head to be loose.
6. Breathe.
7. When you are ready, bring your hands to your hips. Inhale, tuck your chin to your chest to roll up to Mountain Pose.

**Cues:**

If this is comfortable, begin to straighten your knees. #4

**Creative Language:**

Imagine your head is like a coconut hanging from a palm tree. #4

**Grade:**

Pre-K to K; 1 to 3; 4 to 5

**Other Anatomical Focus:**

Standing

**Modifications:**

Notice	Reason	Modification
Rounding in the back	Tight hamstrings	Slightly bend the knees
Tension in the neck	Overall tightness	See creative language #4

## BACK-TO-BACK CHAIR



Physical Benefit:

- Strengthens the ankles, calves, knees, quadriceps, buttocks, spine, and abdominals
- Stretches the chest

Mental Benefit:

- Develops communication

Gaze Point:

Forward

Instructions:

1. Stand back-to-back with your partner.
2. Inhale, both partners step forward an inch.
3. Exhale, bend your knees deeply, finding Chair Pose.
4. Inhale, lean back as you press your backs into one another. Find the support in this pose.
5. Exhale, bring your hands to center.
6. Breathe.
7. When you and your partner are ready, inhale slowly return to standing together.

Creative Language:

Use your core to hold you strong in this pose. #6

Grade:

Pre-K to K; 1 to 3; 4 to 5

Modifications:

Notice	Reason	Modification
Difficulty bending knees deeply	Overall weakness	Stand back to back with hands at center

## CONSTRUCTIVE REST





**Physical Benefit:**

- Relaxes the body

**Mental Benefit:**

- Calms the mind

**Gaze Point:**

Up or eyes closed

**Instructions:**

1. Begin lying down on your back with your knees bent.
2. Inhale, walk your feet back towards your bottom.
3. Exhale, step your feet as wide as your mat. Allow your knees to touch.
4. Inhale, reach your arms in the air.
5. Exhale, cross your right arm over your left and turn your palms towards one another. Bring your fingers to interlace here.
6. Inhale, turn your knuckles toward your body, bringing your hands through your arms.
7. Exhale, rest your hands underneath your chin.
8. Breathe.
9. When you are ready, exhale and untwist.

**Creative Language:**

Allow your eyes to close gently. #8.1

Become as silent and still as you can become. #8.2

Soften your gaze and look towards the ceiling. #8.3

**Grade:**

Pre-K to K; 1 to 3; 4 to 5

**Modifications:**

Notice	Reason	Modification
Difficulty interlacing arms	Lack of awareness	<ol style="list-style-type: none"> <li>1. Teach students how to do this seated before lying down</li> <li>2. One hand on the belly, one hand on the heart</li> </ol>

