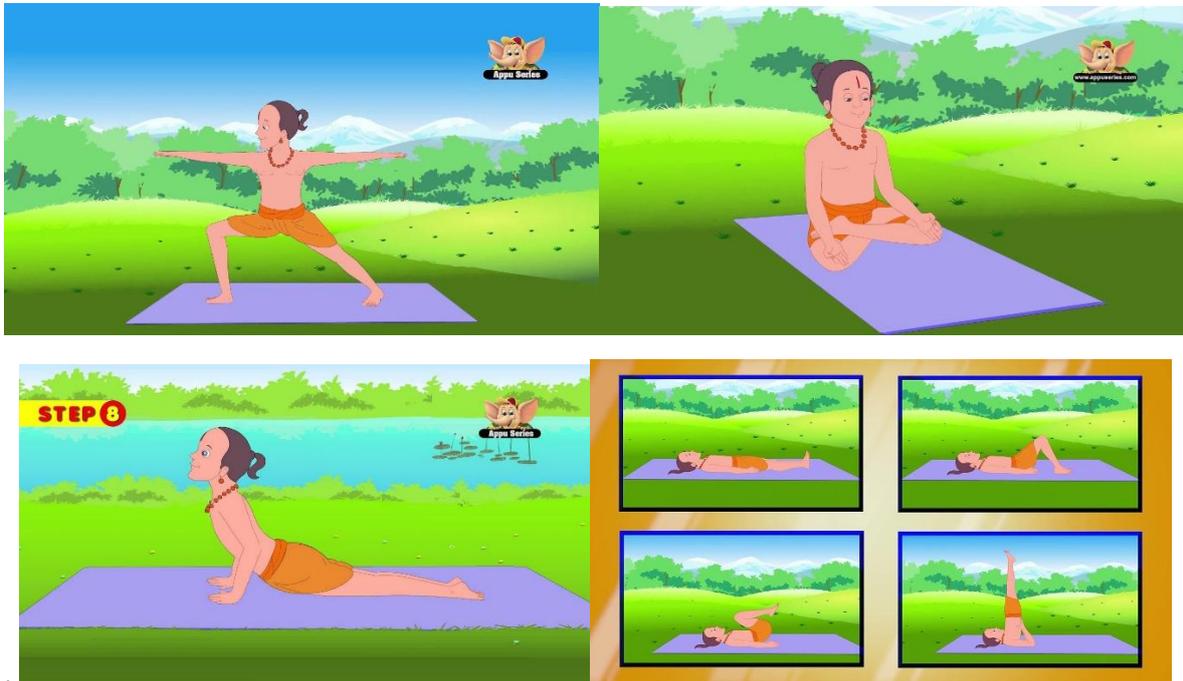


Yoga for Middle School



Hi everybody!

Yoga is a very beneficial activity for everyone (and every body!) and I'd love you all to have a go at practicing at home.

Attached are three links for a yoga sequence that you can try at home:

- Standing
- Sitting
- Lying

Yoga Clothes

Make sure that you have comfortable clothes on so that you can bend and stretch freely. A yoga mat will stop you from slipping and will be clean and more comfortable than just the floor when sitting and lying. If you don't have a yoga mat, a towel over carpet will be fine. Do not wear shoes and bare feet are best as they can help you grip, but socks are fine if it's too cold.

Instructions

Follow the animation and instructions carefully so that you do them in the correct way. Go slowly, calmly and with focus. This will keep your body safe and you will receive the most benefits of the posture. You will also be in the best position to improve. Don't worry if they're difficult at first, go only as far into the posture as feels good (you might only go half-way at first, and that's okay).

You don't have to do every posture to begin with. I would do the first three or four from each film first, and then build up to doing more each session. The last ones are more advanced, so always do the first postures first, as a warm-up before attempting the latter ones.

Breath

Make sure that you focus on your breathing while doing yoga. Breathe in and out through your nose, and try to keep your breathing slow and controlled. This will help calm and relax your mind and body.

Healthy Routines

Yoga is a great way to maintain a healthy routine – to help keep you fit, strong, flexible and calm. So, get your family to join in too!

** I'd love to see some photos of you practicing yoga at home. Please send them to your teacher. This is me, practicing yoga at home 😊



Have fun! Mrs Ralph