

# YOUTH WEEK

Sunday, May 3 - Yoga Poses with One Community Wellness

## Benefits of Yoga for Youth

Yoga not only improves your physical health, but it can also reduce stress and anxiety. A regular practice can increase optimism and focus to assist with school work. In addition, yoga also improves self-esteem and body image. A regular yoga practice will help you develop discipline and self-regulation. Make yoga a part of your healthy routine. **Namaste**

### Legs up the wall pose

Benefits: Gently stretches the hamstrings. Relieves lower back tension. Promotes relaxation.

1. Prop your legs up on a bolster or against a wall.
2. Relax your arms in the most comfortable position.
3. Begin to breathe deeply into the belly.
4. Bring your hips closer to the wall for more of a hamstring stretch.



### Downward facing dog

Benefits: Stretches the shoulders, hamstrings, calves, energizes the body and mind.

1. Begin on hands and knees.
2. Place your hands shoulder width distance apart.
3. Feet are hip width distance apart.
4. Lift your hips up and away from your shoulders.
5. Relax your heels down towards the floor (it is ok if they do not touch the floor).
6. Relax your head breathe deeply



### Bound Angle pose

Benefits: Stretches the inner thighs, groin and knees.

1. Begin sitting down with your legs straight out in front of you.
2. Bend your knees and bring the soles of your together allowing your legs to fall wide open.
3. Place your hands on the floor for support or hold onto your feet.
4. Bend your elbows to fold forward if you wish to intensify the stretch.

\*for tight hips – place blankets or pillows below the outer thighs to provide additional support to the legs



### Cobra pose

Benefits: Stretches the muscles in the shoulders and chest.

1. Begin lying on belly, feet hip width distance apart.
2. Press the top of your feet into the ground slightly elevating your knees so that your legs are active.
3. Place your hands below your elbows gently gripping the floor as if you are pulling your hands back towards your hips.
4. Inhale to lift your chest.
5. Exhale to lower.

Repeat three times



### Warrior 2

Benefits: Strengthens the legs Stretches the groin and chest.

1. Standing at the top of your mat.
2. Take a giant step back with your left leg heel to heel alignment.
3. Front foot is pointed straight forward with the back foot turned in slightly.
4. Bend into your front knee.
5. Inhale to extend your arms out stretching the upper back and shoulders.

\* To challenge yourself bend the front knee deeply so the thigh moves parallel to the ground.

\*Make sure your knee stays tracking your second toe and does not fall inward.

