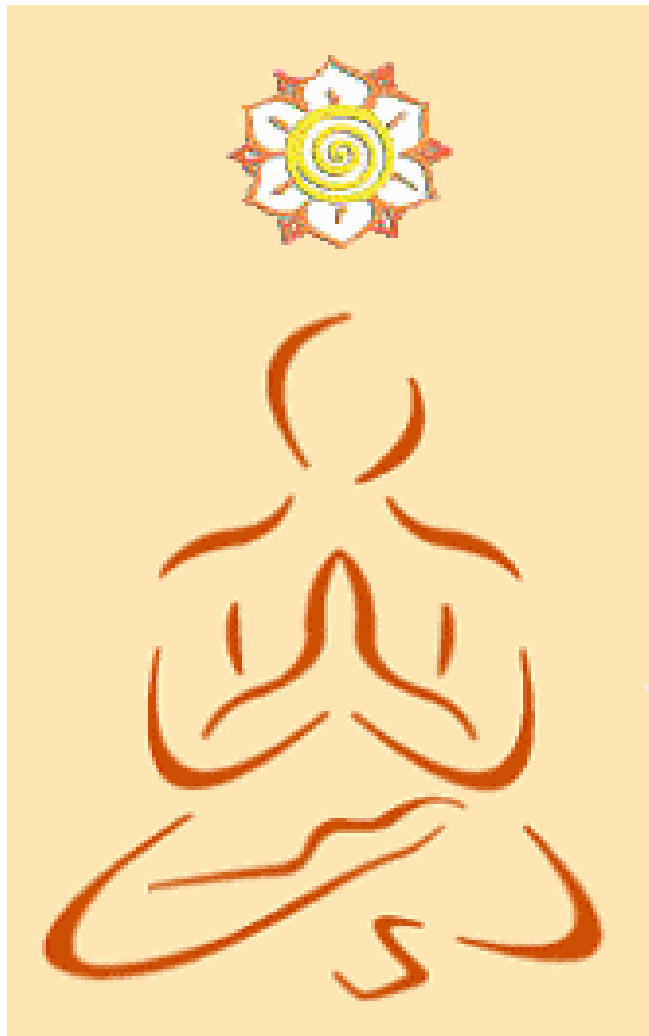


Yoga Unit



By Jen Edwards & Brittney Gese

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Skill Charts

In the yoga unit we created skill charts for some of the “basic” yoga poses. When we use the word “basic”, we are referring to poses that you would learn if you went to a beginning yoga class. First time yoga classes have basic poses that they will expand on once students have performed the basic poses. These can be displayed using Velcro on the back of them anywhere in the gym. This would be very helpful to have around the gym for the students because if they get confused at any time about some of the poses, then they can just refer to the pictures and cues on the wall. It would be ideal to have all of the poses that will be used in the class hanging up in skill charts so that students would be able to look at any pose they wanted. To solve that problem, you could always give the students handouts of all the rest of the poses for their own personal use, but keeping them in the skill chart format.

The poses that we included as skill charts are:

- Downward Facing Dog
- Bound Angle
- Child’s Pose
- Cat
- Plank
- Cobra
- Boat
- Mountain
- Abdominal Lift
- Chair
- Crab
- Gate

Task Cards

Task cards are used during a lesson to help students better their understanding. The task cards are placed around the gym or room and students flow through the task cards at their own pace. The task cards usually flow from easier to harder in sequence. In the yoga unit we use task cards in lesson #4. Lesson #4 is early into the unit so we are using the task cards to help students learn basic poses and to practice some poses that they have already learned. Our poses don't get harder because the students have just begun their learning of the poses, but we do challenge them at each station.

The poses we included in our task cards are:

- Downward Facing Dog
- Cat Stretch
- Bound Angle
- Standing Forward Bend
- Cobra Stretch
- Mountain Pose
- Dancer's Pose
- Chair Pose
- Warrior Pose
- Triangle Pose



**<Your School Name>
Physical Education Program
Yoga Unit Syllabus**



Instructors

Name:
Office #:
Office Hours:
Phone Number:
Email Address:

Class Description

In this class students will learn the skills of various different yoga techniques. Through this class students will learn breathing techniques, basic to intermediate yoga, different equipment that can be used, as well as how to create a sequence. By the end of this class, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life.



Yoga Attire

To participate safely and effectively in this class, students need to have proper clothing for physical activity. The following items are allowed during physical education:

- A. Shirts (and any other clothing) should have appropriate language. Short-sleeved shirts should be worn indoors.
- B. Flip-flops are appropriate to wear into the gym. However, once class has begun, they must be removed and placed next to your mat.
- C. Shorts should follow school dress code (at least to the top of the knees).
- D. Jewelry and metal items should be removed before class and stored in locked lockers.
- E. Hair should be tied back loosely.
- F. Clothing should be school appropriate, no bellies showing, and no low cut shirts or tank tops.

Please note: Tank tops are allowed only during the workouts. Straps must be at least two finger widths thick. No bellies showing here either.

Class Time Guidelines

Students are expected to be in position for roll seven minutes after the tardy bell rings. The locker rooms will remain locked during class; bathroom needs should be attended to prior to class. Students will report to the locker room again five minutes prior to the bell to release them from class.

Yoga Equipment

The equipment that we will be using is property of the school. We ask all students to please treat it with respect. Mats will be used during class, and are to be returned to equipment room in the proper number slot. Other equipment will be issued on a day specific basis and also returned to equipment room in proper slots.

Grading



Daily participation in class is very important in this class. Factors that will help determine your grades include attitude, effort, improvement, skill, and a journal. You can earn a maximum of 10 points daily. A journal will be worth 70 points and due at the end of the quarter. The journal will consist of a daily log including: A reflection on how you felt before and after class, and what you liked most about that day. A class taught sequence will be worth 50 points, and required for completion of this class. These will happen on Friday the 15th, 20th, 25th & 30th. Every person in the class must teach on one of those days. The sequence will consist of 6 moves and can include any moves we have learned previously.

Daily Points

In class you can earn a maximum of 10 points each day. Points will be deducted for tardiness, unacceptable dress, and participation. During the quarter you will be able to earn a maximum of 420 points. This will be divided among daily points, quizzes, and a journal.

Grading Scale

A = 420 - 390 points
A- = 389 – 359 points
B+ = 358 – 328 points
B = 327 - 297 points
B- = 296 – 266 points
C+ = 265 – 235 points
C = 234 - 204 points
C- = 203 – 173 points
D+ = 172 – 142 points
D = 141 - 111 points
Failing = Less than 110 points

Attendance and Tardy Policy

Regular class attendance is imperative to reach a desired level of physical activity and fitness. Also, participation is important to class activities.

To earn full credit, a student is expected to attend and participate in all of the class sessions. Any days missed must be made up through after school activities or other previously approved (by the teacher) activities to receive credit. Students must bring a note to validate the appointment or reason for not attending class for the day. If there is an excused absence due to a school-related activity (band, sports, field trip...) the student will be excused for the day. In order for it to be an “excused absence” the instructor must be notified prior to activity. Emergencies are considered “excused”.

Non-Suit

Each student will be expected to suit up in an appropriate uniform every class period. Students who do not suit up will be asked to “sit out” of the class activity, earning no points for that day. The non-suited students will be **required** to stay with the class during the entire period.

Tardiness

Students not suited up in appropriate attire and ready for activity when class starts (at the second bell) are considered tardy.

Bottom line: Be positive and learn as much as possible!



Day 1 Course Objectives, Protocol, & Equipment Lesson Plan #1	Day 2 Breathing Technique Incorporated in with Breathing. Quiz at end of class on syllabus Lesson Plan #2	Day 3 Basic sitting Positions Lesson Plan #3	Day 4 Basic Standing Positions Lesson Plan #4	Day 5 Learn Sun Salutations Lesson Plan #5
Day 6 Beginning Fitness Yoga Lesson Plan #6	Day 7 Beginning Yoga Butt & Legs Lesson Plan #7	Day 8 Beginning Fitness Yoga Lesson Plan #8	Day 9 Beginning Yoga Abs & Back Lesson Plan #9	Day 10 Moon Salutations Lesson Plan #10
Day 11 Beginning Yoga Pilates Lesson Plan #11	Day 12 Beginning Yoga Arms & Shoulders Lesson Plan #12	Day 13 Beginning Yoga Pilates: Abs Lesson Plan #13	Day 14 Intermediate Yoga Butt & Legs Lesson Plan #14	Day 15 Class teach Class Lesson Plan #15
Day 16 Beginning Relaxation Yoga Lesson Plan #16	Day 17 Yoga Abs & Back Lesson Plan #17	Day 18 Beginning Relaxation Yoga Lesson Plan #18	Day 19 Yoga Arms & Shoulders Lesson Plan #19	Day 20 Class teach Class Lesson Plan #20
Day 21 Fitness Yoga Lesson Plan #21	Day 22 Yoga Butt & Legs Lesson Plan #22	Day 23 Yoga Pilates Lesson Plan #23	Day 24 Yoga Abs & Back Lesson Plan #24	Day 25 Class teach Class Lesson Plan #25

<p>Day 26 Intermediate Relaxation Yoga</p> <p>Lesson Plan #26</p>	<p>Day 27 Fitness Yoga</p> <p>Lesson Plan #27</p>	<p>Day 28 Yoga Pilates</p> <p>Lesson Plan #28</p>	<p>Day 29 Relaxation Yoga</p> <p>Lesson Plan #29</p>	<p>Day 30 Yoga Whole Body</p> <p>Lesson Plan #30</p>
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Central Washington University
Yoga Unit
Lesson #1
Go over syllabus, & play with equipment

Objectives

A. Student (NASPE 2, 5. EALR 1.2)

By the end of class students will be able to...

1. Understand the protocols while in the classroom.
2. Demonstrate proper usage of the equipment and placement when finished with it.
3. Demonstrate proper role lines (figure 1 at bottom of page).

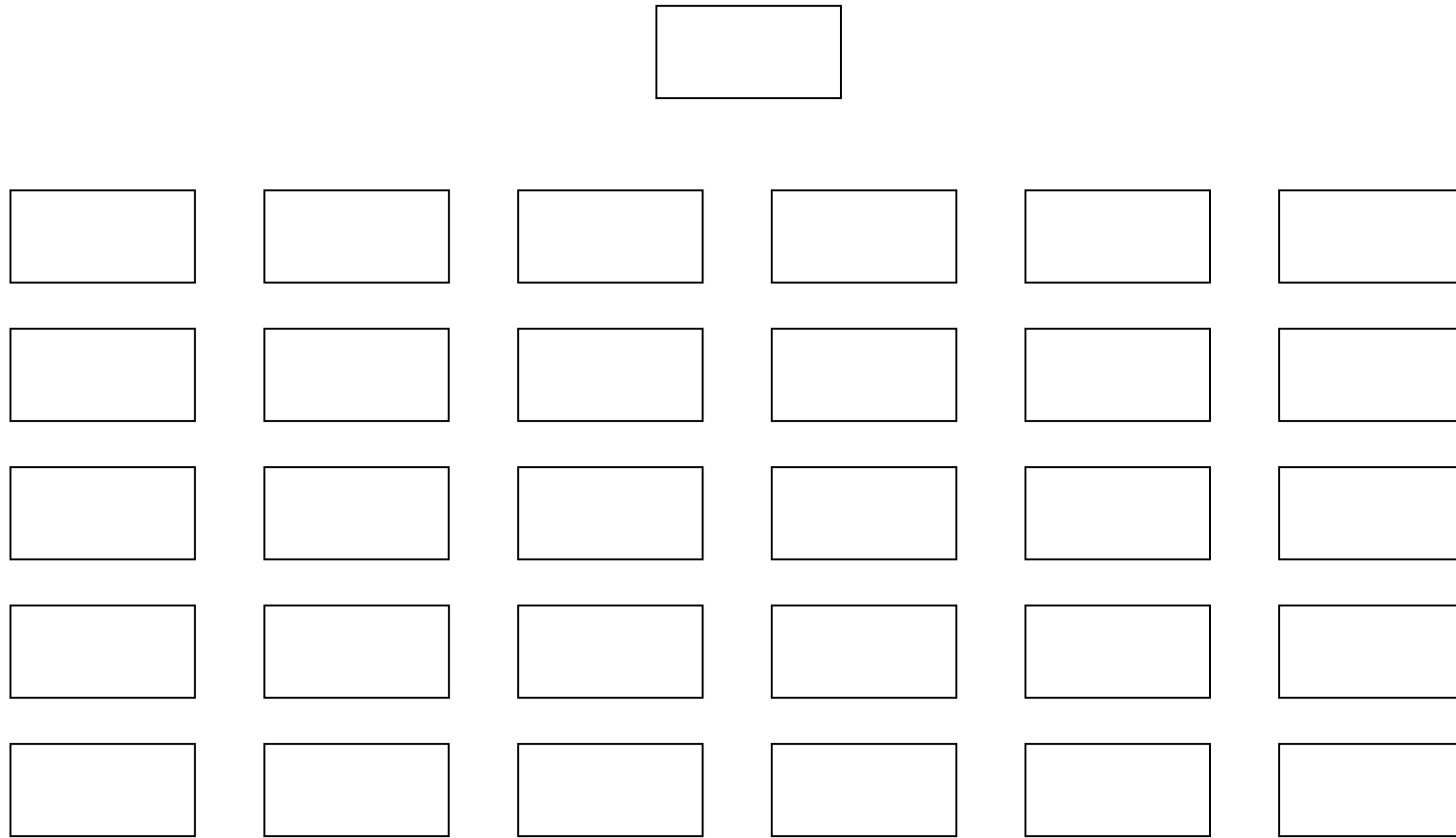
B. Teacher


Equipment (for a class of 30 students)

- 31 copies of the syllabus
- 30 yoga mats
- 30 mini pillows
- 30 resistance bands
- 30 sets of dumbbells (ranging from 2 – 10 pounds)

Instant Activity: Going over syllabus			
Set Induction: How many of you enjoy working out, but don't enjoy the sweating part of it? You are just in luck, because during this course you will be learning sequences that will help tone your body with little sweating at all. Welcome to YOGA!!!			
MAF	Extensions	Refinements	Applications
Informing Task: (Students will be sitting on the floor or bleachers. Pass out syllabus to each student) Please take a syllabus as it goes around. We will not cover the syllabus completely, however we will cover the key points. Please read the syllabus for the next class; there will be a quiz.			
<ul style="list-style-type: none"> • The bleachers are pulled out for students. • Equipment behind teacher for passing out in class. 	<ul style="list-style-type: none"> • Yoga Attire (Whatever is appropriate for school P.E. class) • Grading • Daily Points • Grading Scale • Non-Suits • Ask for Questions 		
Informing task: Now we I am going to put you in your role lines in alphabetical order. When I call your name, please follow me to your spot.			
<ul style="list-style-type: none"> • Students will be placed in role lines. • Role lines will be in six rows of five people. • Equipment is lined up behind the teacher. 	<ul style="list-style-type: none"> • Call out student names in alphabetical order. • Put into roll lines in that order. 		
Informing Task: Now that you are in your role lines, I am going to pass out your yoga mats. We will use these each day, and you will turn them into me at the end of each class. Your number on your mat should match the number you are in the role lines. (Ex: first in the alphabet, would be mat #1, etc.). After you get your number, you can test out the equipment. There are mini pillows, dumbbells, and resistance bands. We will be using these in future lessons. I would like for you all to get familiar with the equipment, so feel free to play around with it.			
Closure/Assessment: Can you show me your role lines? Excellent. Can anyone tell me what you do with your mat when we finish class? Right! Don't forget to be ready to be active next class and study the syllabus for the quiz next class. Have a yoga-riffic day!			

FIGURE 1 Roll Lines



Key: Yoga Mat = 

**Central Washington University
Yoga Unit
Lesson Plan #2
Breathing Technique Incorporated in with poses**

Objectives:

A. Student: (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

1. By the end of class, students will be able to use the 3 step breathing technique.
 - a. Nose
 - b. Abdominals
 - c. Lungs
2. By the end of class, students will be able to demonstrate the Corpse Pose. (figure 1)
3. By the end of class, students will be able to use the 3 step breathing technique incorporated with Corpse Pose.

B. Teacher

Equipment:

- 30 yoga mats
- 30 pencils (to take quiz)
- CD Player
- Soft music CD (ex: ocean sounds)
- Head set microphone
- 30 quizzes

Instant Activity (See Warm Up figures 1-6 below for more reference): Welcome Class. Please grab your mats and lay the out in your assignment roll line and await further instruction. First we are going to “Limber Up” (6 Moves). When I say go.... 1) Lie on your back with your feet together and your arms by your sides. Slowly exhale. 2) Inhale as you slowly stretch your arms up over your head, lengthening through the whole body, stretching from the fingertips through to the toes. 3) Exhale as you lift your arms up to the ceiling and down to your sides again. 4) Inhale as you draw your right knee towards your chest and place your hands around your knee. Exhale as you lift your head towards your knee, tucking your chin into your chest, and hold for a moment. Then release the knee and lower your head to the floor. 5) Repeat with the left knee. 6) Breathe in as you bring both knees up, using your hands to draw your knees towards your chest. Exhale chin into your chest. Roll forward and sit up.

Set Induction: Who can demonstrate to me what their breathing is like when they run? Great job! Just like there are ways to breathe when you are running, there are certain ways to breathe when you are doing yoga. Today we are going to learn a breathing technique that we will use during our yoga sequences throughout the quarter.

MAF/Instructional Technique	Extensions	Refinements	Applications
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Informing Task: The breathing technique we are going today learn is the 3 step technique. When I say go, please sit cross-legged on your mat so that we can begin.

<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students will be sitting cross-legged on their mats facing the teacher. 	<ol style="list-style-type: none"> Sitting up straight, breathe in fully, and deeply. Now exhale slowly through your nose. This is done at your own pace. 	Remember to breathe a deep, full breath in and out through your nose.	Let’s try to breathe deep into our lungs through our nose, and exhale out through our nose 5 times.
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<ul style="list-style-type: none"> Same as above. 	3. Now we will concentrate specifically on where we are breathing: We want our breath to flow from the nose, to the abdominals, and to the lungs.	Remember to breathe deeply in and out through your nose.	See if you can follow this path 7 times.
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Informing Task: Now that we have tried doing this sitting up. We will now lie down and try this technique in Corpse Pose. Can I get everyone to lie down on your back, and wait for further instruction.

<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students will be lying on their backs. 	Corpse Pose: (See figure #7 below) <ol style="list-style-type: none"> While lying on your back, relax your entire body. Relax you legs first, allowing your feet to fall outward. Next, relax your arms, palms be facing upwards. Next, elongate your neck, and finally, soften your face and close your eyes. 	Remember to relax your body. Legs first, then arms, flowing up to your neck, and finally closing your eyes. Remember to breathe full breathes in and out your nose.	See if you can do this 2 times, and hold it for 5 seconds each time.
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<ul style="list-style-type: none"> • Same as above. 	<p>2. While in the same pose as above; breathe in and out through the nose, focusing on your breath.</p>	<p>Remember to breathe full breathes in and out your nose.</p>	<p>Try this 5 times.</p>
<ul style="list-style-type: none"> • Same as above. 	<p>3. Notice how you are feeling. Become aware of any tension. As you breathe out, image that tension flowing out with the breath. As you breathe in, concentrate on filling your lungs with air.</p>	<p>Remember to breathe full breathes in and out your nose.</p>	
<ul style="list-style-type: none"> • Same as above. 	<p>4. Breathing into the abdomen: Place your hands one over the other, palms down, on your abdomen. Exhale slowly and completely. Then inhale, breathing into the abdomen, using the position of your hands to guide your breath. Allow the abdomen to rise and fill like a balloon. Hold your breath in momentarily, and then slowly exhale. Hold without breath for a moment, and then inhale again without rushing. Enjoy the feeling and the wonder of the breath.</p>	<p>Remember to breathe full breathes in and out your nose.</p>	<p>Breathe into the abdomen 5 times.</p>
<ul style="list-style-type: none"> • Same as above. 	<p>5. Breathing into the Diaphragm: Place your hands at the base of the rib cage and exhale slowly and completely. As you inhale, breathe into the rib cage and feel the lower ribs expanding. Hold the breath in momentarily, then slowly exhale and feel the lower ribs contract again. Hold without</p>	<p>Remember to relax your body. Remember to breathe full breathes in and out your nose.</p>	<p>See if you can do this 3 times.</p>

	breath for a moment before inhaling again. Breathe into the lower ribs up to 5 times.		
<ul style="list-style-type: none"> • Same as above. 	6. Breathing into the upper chest: Place the hands on the upper chest, below the throat. Exhale slowly and completely, and then as you inhale, breathe slowly into the upper chest. This will feel a much deeper, fuller breath, and you will feel expansion through the entire upper rib cage, front and back. Hold the breath for a moment before exhaling slowly and completely. Hold without breath for a moment, before inhaling again. Breathe into the upper chest up to 5 times.	<p>Remember to relax your body.</p> <p>Remember to breathe full breathes in and out your nose.</p>	Try to do this 4 times.
<p>Informing Task: Great Job on learning the breathing technique. I hope you all studied because it is time for the quiz. (Give students 10 minutes for quiz). Great job today.</p>			
<p>Closure: Well done today, can't wait to see what we can accomplish next class. Don't forget to write in your journals. Have a great day.</p>			



FIGURE 1

Yoga Unit
Jen Edwards & Brittney Gese
Lesson Plan #3

1. Objectives:

A. Student: (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

1. By the end of the class, the students will be able to demonstrate basic warm-up and cool-down exercise.

Warm-up Pose:

- a. Blade (figure 1.1 & 1.2)
- b. Cat and dog Stretch (figure 2.1 & 2.2)
- c. Easy Pose (figure 3)
- d. Hero (figure 4.1 & 4.2)
- e. Knee Rocking (figure 5)
- f. Head of Cow (figure 6)

Cool-down:

- a. Spinal Twist (figure 7.1 & 7.2)
- b. Child pose (figure 8)
- c. Cross Bow (figure 9.1 & 9.2)

B. Teacher:

2 Equipment:

- 30 yoga mats
- 30 blankets
- CD Player
- Soft music CD

Instant Activity: Welcome Class. Today we are going to learn some warm-up poses. So lets starts on sitting on your mats and with your legs cross. The warm-up pose is called **Blade**. This pose also releases tension held between the shoulder blades, helping to relax the entire body. 1) Sit in comfortable with your spine extended. Now inhale, raising your arms out to the sides at shoulder level in a “T” position. Bend your elbows so your arms are in front of your chest, palms down. Your hands come toward each other with the tips of your lightly touching (figure 1.1). 2) Now exhale then inhale slowly as you gradually pushes backward with your elbows so that your hands move away from one another. Feel your shoulder blades come together with a steady, squeezing motion. 3) Hold the position, with your arms as far back as it is comfortable for you for a few seconds, breathing normally. 4) Now exhale and with focus, bring your arms back to start position (figure 1.2). 5) Repeat the movement slowly 3 to 5 times. Remember do this at your pace. 6) Now exhale and gradually release the position, letting your arms fall to your sides. Relax by shrugging your shoulder and gently shaking out your hands a few times. Now lets get into a table position and let do **Cat and Dog Stretches** 1) In that table position with knees under your hips and arms beneath your shoulders. 2) Your back is flat, and your head faces downward to create an extension in the back of the neck. 3) Exhale and slowly drop your and tailbone. Arch your back and exhale further as you pull your navel up toward your spine. Imagining you are hissing cat (figure 2.1). 4) Inhale and slowly raise your head and tailbone letting your abdomen move toward the floor. Your back is now curved in a subtle swayback position. Look up slightly without overextending the neck, imagining you are a friendly dog (figure 2.2). 5) Continue alternating, moving slowly between cat and dog 10 times. As your spine warms up, deepen your inhalations and exhalation.

Set Induction: There are many different types of poses in yoga that can be done sitting, kneeling, and standing. The pose that have you sitting just as well benefit you as the standing poses. Today main focus for yoga is sitting poses.

MAF/Instructional Technique	Extensions	Refinements	Applications
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Informing Task: So let start by sitting on your mats comfortable on your sitting bones.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be sitting cross-legged on their mats facing the teacher. 	<p>Easy pose: If you wish you to sit on folded blanket to bring your knees lower than your hips, to maintain the proper lower back curve, and to ensure that your spine remains straight and elongated.</p>	<p>Easy pose: (figure 3) 1. Let’s begin by sitting on the floor with your legs in front of you. Your spine is elongated. Your arms rest by your sides. Shoulder are down</p>	<p>Easy pose:</p>
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	<p>Hero pose:</p> <ul style="list-style-type: none"> • If you are unable to sit comfortably while maintaining the curve in your lower back, sit on a folded blanket (2-4 inches high). Have both sitting bones leaning on the blanket. 	<p>away from your ears.</p> <ol style="list-style-type: none"> 2. Cross your legs so that the arches of your feet are positioned beneath the outside of your calf muscles. Your right foot should be under the right knee. 3. Place your hands on your knees with palms down. You also place your hands palms up with the backs of your thumbs and index fingers. <p>Hero: this pose opens the hips and hip joints and keeps the knees flexible.</p> <ol style="list-style-type: none"> 1. Cross your legs so that your right knee rests on top of your left knee. (figure 4.1) 2. Place the palms of your hands on the soles of your feet. 3. Move your feet away from your hips so that you feel a stretch in the hips. 4. Inhale and make sure 	<ul style="list-style-type: none"> • Inhale and exhale slowly for about 6-8 breathes. <p>Hero:</p>
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	<p>Knee Rocking Pose:</p> <ul style="list-style-type: none">• Depending on how flexible you feel you may want to sit on a folded blanket about 2-4 inches in height.	<p>your spine is extended and that your shoulders are down and away from your ears. (figure 4.2)</p> <ol style="list-style-type: none">5. Exhale and fold your upper body down toward your knees; don't lift the sitting bones from the floor.6. Relax and breathe slowly.7. Return to an upright position. <p>Knee Rocking: opens the groin muscle and improves flexibility in the hips. It also strengthens the arms, shoulders, and abdominals. (figure 5)</p> <ol style="list-style-type: none">1. Sit on the mat with both legs out in front of you and your spine comfortably extended.2. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your right foot	<ul style="list-style-type: none">• Repeat with your left knee on your right knee. <p>Knee Rocking:</p>
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	<p>Head of Cow:</p> <ul style="list-style-type: none"> You may also do this pose from a standing 	<p>nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms and if you can cradle your left and right hands.</p> <ol style="list-style-type: none"> Use your back straight and hold the leg as high and close to you as possible without straining. Moving from the hip joint, gently rock your leg back and forth in a sideways motion as though you were rocking a baby. <p>Head of Cow: Stretches the spine, arms, shoulders, and neck and relieve tension in the upper back and shoulders. It also improves lung capacity. (figure 6)</p> <ol style="list-style-type: none"> Sit in any comfortably position on your mat. Make sure your back 	<ul style="list-style-type: none"> After rocking your leg several times, switch leg positions and repeat with the left leg. <p>Head of Cow:</p>
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	<p>position, with your feet about hip-distance apart.</p> <ul style="list-style-type: none">• If it is difficult to interlock to touch your fingertips, grasp one end of a towel with your raise hand. Let the towel hang down your back and grasp the loosen end with your other hand.	<p>is straight with your spine comfortably extended. Shoulders are relaxed and away from your ears.</p> <ol style="list-style-type: none">2. With your left hand, reach behind your back from below; the palm is turned out, away from your body. Bend at the elbow, moving your hand up toward the center of your back as high as you can without straining.3. Raise your right arm beside your right ear. Bend at the elbow and reach over your right shoulder. Try to interlock the fingers of both hands to touch the fingertips.4. Keep your body erect. Your right elbow should point straight up, not forward; your upper arm should be as close to your right ear as possible.	<ul style="list-style-type: none">• Breathe normally. Hold the position for 8 to 10 seconds.
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	<ul style="list-style-type: none"> • Release the lower end of the towel. 	<ol style="list-style-type: none"> 5. Unlock hands and let your arms fall to the sides of your body. Shake out your hands and shrug your shoulders. 	<ul style="list-style-type: none"> • Repeat 4 times.
<p>Informing Task: Now lets begin doing your cool-down. First we are going to do Spinal Twist.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be lying on their backs. 	<p>Spinal Twist:</p> <ul style="list-style-type: none"> • If you are unable to sit comfortably maintaining the curve in your lower back, sit on a folded towel. 	<p>Spinal Twist: stretches the spinal column and connecting nerves and helps reduce stiffness in the neck. (figure 7)</p> <ol style="list-style-type: none"> 1. Bend your left leg; cross your right foot over your left thigh at midpoint. 2. Inhale; bring your left arm around the outside of your right knee. Grasp your knee. 3. Exhale; use your left arm for leverage by pressing against your leg and rotate your upper body to the right. Keep your shoulders level. Engage your abdominals 15 to 20 	<p>Spinal Twist:</p>

	<p>Child Pose:</p> <ul style="list-style-type: none"> • Can use a towel. 	<p>percent to help protect your lower back.</p> <ol style="list-style-type: none"> 4. Place your right palm on the floor near your buttocks. Turn your head to the right and gaze over your right shoulder. 5. With each inhalation, create an extension in your spine. On an exhalation, engage your abdominals and slowly turn your body a little more to the right without straining the lower back. 6. Release and return to center. <p>Child Pose: relaxes the back and neck and stretches the spine.</p> <ol style="list-style-type: none"> 1. Kneel with your buttocks on or near your heels and with your legs slightly apart. 2. Bend from the hips-forward and down-folding your upper body onto your 	<ul style="list-style-type: none"> • Hold for up to 1 minute. • Repeat on the left side. <p>Child Pose:</p>
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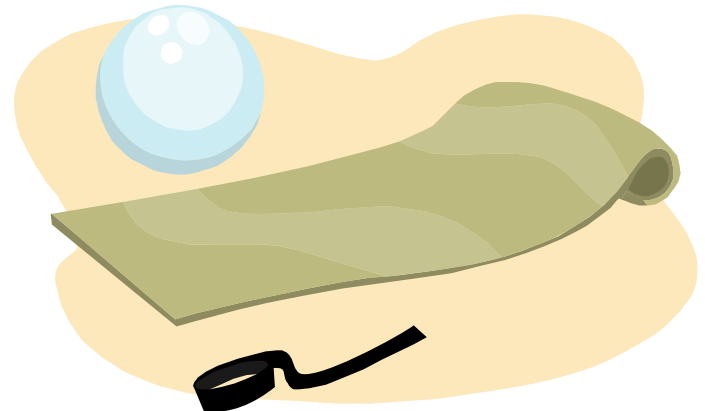
	<p>Cross Bow Pose:</p>	<p>thighs. The forehead rests on the floor.</p> <ol style="list-style-type: none"> 3. Place your arms on the floor next to your legs, palms up. If you wish, you can also extend your arms on the floor in front of you, palms down, with elbows relaxed. 4. Let your shoulders round. 5. Breathe deeply. 6. Raise your upper body and return to a kneeling position. <p>Cross bow pose: it massages the abdominal organs and improves digestion, stimulates the thyroid, open the chest, strengthens the back and upper arms and tones the thighs and buttocks. (figure 8)</p> <ol style="list-style-type: none"> 1. Lie on your stomach with your legs slightly apart. Turn your face to the right; left cheek rests on the back of 	<ul style="list-style-type: none"> • Remain in this pose for 1 to 2 minutes. <p>Cross Bow Pose:</p>
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	<ul style="list-style-type: none"> • Be gentle to avoid impinging your knee. 	<p>your left hand.</p> <ol style="list-style-type: none"> 2. Bend your left knee, bringing your foot towards the buttocks. Reach back and across with your right hand, grasping your ankle or the front of your left foot. 3. Your left heel goes in the direction of your right buttocks. Lift your left knee an inch for the floor. 4. Lower your left knee. Rest. 5. Raise your left knee and foot as high as you can, pressing your foot into your hand. 6. Release. Reverse the pose. 7. relax in child pose 	<ul style="list-style-type: none"> • Hold the pose, breathing deeply for 20 to 30 seconds. • Repeat once more on each side.
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Closure: Great Job today I hope everyone enjoy being in class today. Also you want to keep in mind the poses we did today because we will be using them later on in the class.

Lesson # 3

Picture poses



Warm-up Poses



Figure 1.1 Blade



Figure 1.2 Blade



Figure 2.1 Cat and Dog Stretch



Figure 2.2 Cat and Dog Stretch

Warm-up Poses

Figure 3 Easy Pose



Figure 4.1 Hero Pose



Figure 5 Knee Rocking



Figure 4.2 Hero Pose

Warm-up Poses



Figure 6 Head of Cow

Cool-down Poses



Figure 7.1
Spinal Twist



Figure 8
Child Pose



Figure 7.2
Spinal Twist

Cool-down Poses



Figure 9.1 Cross Bow



Figure 9.2 Cross Bow

**Central Washington University
Yoga Unit
Lesson #4
Basic Poses/Task Cards**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class, students will be able to....

1. Demonstrate basic yoga poses.

Warm-Up:

- a. Modified Sun Salutations

Sequence:

- b. Mountain Pose (figure 1)
- c. Shoulder Rotations (figure 2)
- d. Chair Pose (figure 3)
- e. Triangle Pose (figure 4)
- f. Warrior Pose (figure 5)
- g. Dancer's Pose (figure 6)
- h. Downward Facing Dog (figure 7)
- i. Standing Forward Bend (figure 8)
- j. Cat Stretch (figure 9)
- k. The Cobra (figure 10)
- l. Bound Angle (figure 11)

Cool-Down:

- m. Bound Angle (figure 12)
- n. Dead Bug (figure 13)
- o. Corpse Pose (figure 14)

2. Perform the poses at the task card stations.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music (ex: ocean beaches)

Instant Activity: (See Warm up figures 1-7 at bottom end of lesson) Breathing using the 3-step technique. We will warm together with a review from yesterday's class. We will begin with the modified sun salutation. 1) We will begin in Mountain Pose with your feet parallel. Place your hands together in front of your chest in Namaste. 2) Inhale and lift your arms over you head, palms facing but not touching. 3) Exhale and hinge forward at the waist into Forward Bend, tuck the chin and bend the knees. Palms rest on either side of your feet on the floor; bend your knees if you cannot touch the floor. 4) Inhale and straighten your legs. Engage your abdominal muscles and slowly raise your upper body to an upright position. Exhale. Inhale and lift your hands over your head, with palms facing but not touching. Bend the upper torso back slightly. 5) Exhale and lower your upper body, bending at the waist, back to step 3. 6) Inhale. Engage your abdominal muscles, lift your chin, keeping your knees soft, and return your body to an upright position (step 2). Raise your arms, with palms facing but not touching. 7) Exhale and return to start position with your hands in front of your chest in Namaste. We will flow through this series 4 to 5 times at your own pace.

Set Induction: How many of you have ever sat on a limb and had it fall asleep? Today we are going to learn some moves that will help to strengthen those muscles to help that not to happen.

MAF	Extensions	Refinements	Applications
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Informing Task: Now that you have learned some breathing techniques, we are ready to start learning some poses. Today we will be using task cards. They are placed around the gym and you are to go to each task card and perform the pose it asks, using the cues it says to use. If you have any questions you can ask me or refer to the skill charts on the wall. We will count off into groups of 4 and rotate through the tasks. After you are in your group, pick a card and begin performing the task. "Go".

<ul style="list-style-type: none"> • Task cards lined up around gym. • Mats are placed at each card. • Students are split into groups and will rotate through each card. 		<p>Mountain Pose: (figure #8)</p> <ol style="list-style-type: none"> 1. Stand with your feet together, your arms relaxed by your sides and your weight evenly balanced over the feet. Keep your chest open. Look straight ahead and soften your gaze. 2. Gently "lift" the knee and thigh muscles, tuck your tailbone under and abdomen in. Feel your spine lengthen from the tailbone to the crown of your head. Allow the back of your head to lift slightly and tuck your chin in. 	<ul style="list-style-type: none"> • Hold for up to 5 breathes.
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		3. Remain steady but continue to 'lift' and stand tall.	
<ul style="list-style-type: none"> • Same as above. 		<p>Shoulder Rotations: (figure #9)</p> <ol style="list-style-type: none"> 1. Stand with your feet a hip width apart and your arms hanging relaxed by your sides. 2. Inhale as you bring your shoulders up to your ears. Roll your shoulders firmly back. Squeeze them as close together as you can. Then exhale as you roll them downward and return to the starting position. 3. Inhale as you squeeze your shoulders together behind you. Bring them up to your ears, and exhale as you roll them forward and down. 	<ul style="list-style-type: none"> • Continuously rotate your shoulders up to 5 times forwards and backwards.

<ul style="list-style-type: none"> • Same as above. 		<p>Chair Pose: (figure #10)</p> <ol style="list-style-type: none"> 1. Stand with your feet together in the Mountain Pose, keeping your back tall and straight. 2. Lift your arms straight above your head. Your upper arms should be directly beside your ears. Tuck your chin in slightly. Place your hands in the prayer position with the thumbs locked. 3. Tucking your tailbone under, exhale as you squat as if to sit on a chair. 4. Hold for up to 5 breathe. On each outward breath, sink a little deeper while maintaining the upward stretch. 5. Inhale as you straighten your legs and return to the standing position. 	
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<ul style="list-style-type: none"> • Same as above. 	<ul style="list-style-type: none"> • If you are having trouble: Slide the left hand down only as far as the knee. The right arm is placed on the hip. If possible, the head should still turn and look up to the right, even if only managed for short periods. Repeat to the other side. 	<p>Triangle Pose: (figure #11)</p> <ol style="list-style-type: none"> 1. Stand with your feet a little more than 3 ft apart. Point your right foot straight ahead. Turn your left foot at right angles to it, to the left. 2. Inhale and stretch both arms out to the sides at shoulder level with the palms facing downward. Roll your shoulders back. Exhale. 3. Inhale, keeping your hips and shoulders facing forward. Exhale as you slide your left hand down your left leg. Your right shoulder should stay open in alignment with the left shoulder. Raise the right arm with the fingers straight as arrows as the left arm goes down. Take care not to tilt or twist the body while you raise the right arm. Gently 'lift' the thighs and the kneecaps. Look up at the raised hand if possible. 4. Hold for up to 5 breathes. Each time you inhale, lengthen the stretch upward. Each 	
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		<p>time you exhale; slide the left arm a little further down the leg.</p> <p>5. To release out of this posture, lower the raised arm, turn your head and look down at your ankle and allow your knee to bend. Gently return to the standing position, with your head and feet aligned to the front. Repeat to other side.</p>	
<ul style="list-style-type: none"> • Same as above. 	<ul style="list-style-type: none"> • To make things easier: Practice this pose more gently by placing your hands on your hips, lunging when exhaling and returning to the standing position when inhaling, up to 5 times for each side. 	<p>Warrior Pose: (figure #12)</p> <ol style="list-style-type: none"> 1. Standing with your feet a little more than 3 ft apart, point your right foot to the front and your left foot at right angles to it, to the left. 2. As you breathe in, raise your arms to shoulder level with the palms facing down and fingers pointed like arrows. 3. Keeping your torso facing forwards, turn your head to look along your left arm. As you breathe out, lunge gently to the left until your knee is bent in a right angle above your left foot. 4. Hold for up to 5 breathes. Each time you inhale, lengthen the 	<ul style="list-style-type: none"> • See if you can hit 3 out of the 4 balls to the height of your head or higher, and land within 5 feet of a cone.

		<p>spine upwards and each time you exhale, lunge a little deeper, making sure to keep the back foot firmly planted with the instep open outwards.</p> <p>5. To release out of the posture, inhale as you straighten the leg, turn the foot to the front and lower your arms.</p>	
<ul style="list-style-type: none"> • Same as above. 	<ul style="list-style-type: none"> • To make things easier: Stand an arm's length away from the wall. As you extend your arm, use the wall to help maintain your balance. Lift your leg only as far as is comfortable. 	<p>Dancer's Pose: (figure #13)</p> <ol style="list-style-type: none"> 1. Stand with your feet together and your arms by your sides in Mountain Pose. 2. Bend the right knee, lifting the foot up behind you. Exhale and take hold of your ankle with your right hand. Squeeze the foot into the buttock. 3. As you inhale, raise your left arm in a straight line as high as you can. At the same time straighten your right arm and leg out behind you, carefully maintaining your balance. Keep your chest open and your shoulders back. 4. Hold the position for up to 5 breaths. 5. Return to the standing 	

		position by gently lowering your arm and leg while exhaling. Repeat to the other side.	
<ul style="list-style-type: none"> • Same as above. 		<p>Downward Facing Dog: (figure #14)</p> <ol style="list-style-type: none"> 1. Kneel on all fours with your hands beneath your shoulders and your knees directly beneath your hips. Your feet should be a hip width apart. Spread your fingers wide apart. 2. Tuck your toes under. Inhale as you lift your body up, keeping your shoulders back and pushing backward into your hips. Keep your heels down as much as possible. 3. Exhale. Relax your neck muscles and lower your head to look back at your feet. 4. Hold this pose for up to 5 breaths. 5. Rest on your hands and knees for a few breaths. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Standing Forward Bend: (figure #15)</p> <ol style="list-style-type: none"> 1. From Downward Facing Dog, walk your feet towards your hands. 2. Spread your fingers on the floor and tuck your 	

		<p>toes under. Walk your hands back towards your knees.</p> <ol style="list-style-type: none"> 3. Standing on your feet now, allow your head to continue to hang forward. Place your hands around your elbows. 4. Each time you exhale, contract your abdomen and allow gravity to draw your torso down. Remember to keep your neck muscles soft. Hold this position for up to 5 breaths. 5. Exhale as you let your hands fall. 6. Inhale as you gently uncurl upwards, one vertebra at a time, until you reach the standing position. Allow your knees to bend if you feel any strain. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Cat Stretch: (figure #16)</p> <ol style="list-style-type: none"> 1. Begin this practice on your hands and knees, with your shoulders directly above your hands, and your hips directly above your knees. 2. Inhale as you roll your shoulders back and tilt your pelvis back and up. Tilt the chin and 	<ul style="list-style-type: none"> • Do this up to 5 times.

		<p>look up as the back concaves.</p> <ol style="list-style-type: none"> 3. Exhale as you reverse the posture. Draw the abdomen in, squeezing all the breath out of it, as you arch your back. Tuck your chin into your chest and look down at your feet. <p>Continue concaving the back (inhaling) and arching the back (exhaling) gently and evenly.</p>	
<ul style="list-style-type: none"> • Same as above. 	<p>To make this easier: Lying in the outstretched position on your front, bring your arms back towards your body so that your elbows are directly under your shoulders. Your chest will lift a little to achieve this position. Inhale as you lift your head and chest up and roll your shoulders back. Straighten your arms and curve your spine up and back. Hold for up to 5 breathes. Exhale as you lower your torso in the reverse order (chest first, then your chin, then your head).</p>	<p>The Cobra: (figure #17)</p> <ol style="list-style-type: none"> 1. Lie on your front with your arms outstretched and your forehead touching the mat. Bring your arms back towards your body until your hands are directly beneath your shoulders. Keep your elbows tucked in beside the body. 2. As you inhale, lift your chin, your neck and then your chest, curving your spine up and back. Press down on the mat with your hands, gently increasing the arch in your back. Try to keep your feet together. Hold for 5 breathes. 3. Exhale as you release down in the reverse order - Lowering your 	

		chest first, then your chin, and then curve your head down till your forehead is once again on the mat.	
<ul style="list-style-type: none"> • Same as above. 	<ul style="list-style-type: none"> • To make things easier: Sitting against the wall with a cushion to support your lower back, bring the soles of the feet together. Rest your hands on your knees. As you exhale, gently push down on your knees with your hands. Alternatively, lying on your back, draw the soles of your feet as far up to your groin as you can. Rest your hands on your thighs. On each exhalation allow your knees to drop down a little further towards the floor. 	<p>Bound Angle: (figure #18)</p> <ol style="list-style-type: none"> 1. Sit with the feet drawn towards you and the soles of your feet together. Let your knees relax out and down as far as they will go. 2. Hold the toes by wrapping both hands around both feet. Lengthen your spine and straighten your arms. Allow the shoulders to relax down and back, and the chest rise. Relax your hips and allow the soles of the feet to open. 3. Hold for up to 5 breathes. Soften and relax the hips each time you exhale. 4. Return to the starting position (knees drawn up and soles of the feet on the mat) as you gently exhale. 	<ul style="list-style-type: none"> • See if you can hit 3 out of the 4 balls to the height of your head or higher, and land within 5 feet of a cone.
<p>Informing Task: We will now do our cool-down together. When I say “Go”, please bring your mats to your roll line places and join me in the Bound Angle pose. “Go”.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be sitting 		<ul style="list-style-type: none"> • The Cool-Down: (see Cool Down Poses 19-21) 	<ul style="list-style-type: none"> • Flow through steps 1-4 at your own pace 4 times.

<p>with their feet drawn in towards their body and their feet touching, waiting for further instruction (Bound Angle).</p>		<ol style="list-style-type: none"> 1. Bound Angle 2. Dead Bug: Lie on back. Bring your knees to your chest. Have your knees out to the side, grab toes, and gently pull towards body and hold. 3. Corpse Pose 4. Bring self back up to sitting in Bound Angle 	<ul style="list-style-type: none"> • After flowing is finished, complete relaxation is the last task to be complete. (Lying in Corpse Pose).
<p>Informing Task: We will now take the last 5 minutes of class to reflect on our day. When I say, “Go”, please get into a comfortable position and begin final relaxation. “Go”.</p>			
<p>Closure: Great Job today everyone, I hope you enjoyed the flowing sequence. Remember to write in your journal. Have a great day and I will see you next class.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11 & 12



FIGURE 13



FIGURE 14

Yoga Unit
Jen Edwards & Brittney Gese
#5 Lesson Plan
Sun Salutation

1. Objectives:

A. Student: (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

1. By the end of the class, the students will be able to do their first sequence in yoga class, called Sun Salutation.

Warm-up:

- a. Torso Twist (Figure 1)
- b. Chopping Wood (figure 2.1 & 2.2)

Sequence:

- a. Sun Salutation (figure 3-13)

Cool-down:

- a. Tree (figure 14.1 & 14.2)
- b. Hero (figure 15.1 & 15.2)
- c. Reclining spinal Twist (figure 16)
- d. Knee Hug (figure 17)
- e. Corpse Pose (figure 18)

B. Teacher:

Equipment:

- 30 yoga mats
- 30 blankets or towels
- CD Player
- Soft music CD

Warm-up: Welcome Class. Today lets starts class standing up. So let start with your feet at tops of your mats and stand with your feet about shoulder width apart. Hold your arms straight out in front of you with your palms together at chest height. Make sure your shoulders are down and away from your ears. Now open your mouth and inhale through the mouth as you fling your arms open and back, bending the wrists so your fingers point away from you. Lift the chin slightly and your eyes look upwards. Now we want to exhale completely through the mouth as you begin to come forward, tucking your chin, and bending at the waist and knees. Hands may be clasped together in front of the chest or they may rest on your thighs. You want to let your head hang so that there is no pressure on your neck. Now we are going to repeat this 7 times. Before getting into your warm-up, so that are breathing will be ready for us to begin your warm-up.

Now since we are done with your breathing exercise we will start your warm-up. The first thing we going to do is called the **torso twist** (figure 1). So still standing with your feet shoulder-width apart. Your spine is comfortably extended and your arms are hanging loosely by your side. 1) Now lets begin turning your upper body, shoulder first, from one side to the other. As you alternate, allow your arms to swing slowly as though they were empty coat sleeves. 2) As we pick up the pace, allow your heel of your right foot to come off the floor when your body turns to the left. Your left heel will rise when your body turns to the right. 3) Lets do this about 8 times slowly its not a race. When you are done I want you to slow the motion and gradually return to center. Now we are going to move to your next warm-up pose which is called **chopping wood**: (figure2.1 & 2.2) Still standing with your feet shoulder-width apart. 1) You want to keep your knees slightly bent to avoid strain in the lower back. 2) Now lets inhale through your mouth and raise your arms over your head as if you were holding a hatchet. Bend your knees. 3) Now exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forwards and down in a chopping motion. Bend as far as you can with comfort! 4) Now inhale and raise your upper body. 5) Now we are going to continue this for about 6 times. As you repeating the movement, your body may naturally bend further as your arms get closer to the floor. If you feels comfortable, you can allow the natural swing of your arms to go through your legs.

Set Induction: How many of you think that yoga is just about doing poses? Well in yoga there are poses come together into a sequences. Today we are going to learn your first sequence which is called the sun salutation. The sun salutation consists of 12 postures giving various vertebral movements to the spinal column. It bring great flexibility and strength to the spine and the limbs. Plus it helps to regulate the breath and focus the mind. Also it provides aerobic benefits to the cardiovascular system, increasing endurance and warming and energizing the entire system.

MAF/Instructional Technique	Extensions	Refinements	Applications
Informing Task: Since we are warm-up and ready starts the sun salutation. We are going to start in mountain pose.			
<ul style="list-style-type: none"> 30 mats lined up in roll 	Modified Sun Salutation:	Sun Salutation: is a	

<p>lines.</p> <ul style="list-style-type: none"> • Students will be at the top of there mats. 	<ol style="list-style-type: none"> 1. Stand in Mountain Pose with feet parallel. Keep your hands in front of your chest. 2. Inhale and lift your arms over your head, palms facing but not touching. 3. Exhale and hinge forward at the waist into forwards bend; tuck the chin and bend the knees. 4. Inhale and straighten your legs. Engage your abdominals muscles and slowly raise your upper body to upright position. Exhale. Inhale and lift your hands over your head, with palms facing but not touching. Bend the upper torso back slightly. 5. Exhale and lower your upper body, bending at the waist, back to step 3. 	<p>dynamic and beneficial series based on the pose-counterpose system, which alternates between forward-bending and backward-bending postures. It provides aerobic that benefits the cardio system, increasing endurance and warming and energizing the entire system.</p> <ol style="list-style-type: none"> 1. Standing in mountain pose with feet parallel. Keep your hands in fronts of your chest with palms together in Namaste. Inhale and Exhale deeply. (figure 3) 2. Inhale and lift your arms over your head, with palms facing but not touching. Bend the upper torso backwards slightly. (figure 4) 3. Exhale and bend forwards at the waist into forward bend, tucking your chin 	
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	<ol style="list-style-type: none">6. Inhale. Engage your abdominals muscles, lift your chin, keeping your knees soft, and return your body to an upright position (step 2). Raise your arms, with palms facing but not touching.7. Exhale and return to starting position with hands in front of your chest.	<p>toward your chest and bending the knees. Your palms are resting on either side of your feet on the floor; if you cannot touch the floor you can bend your knees slightly.</p> <p>(figure 5)</p> <ol style="list-style-type: none">4. Inhale and extend one of your legs straight behind you into kneeling lunge; your knee, shin, and toes resting on the floor. Your right foot is forward between your hands with the knee over the ankle. <p>(figure 6)</p> <ol style="list-style-type: none">5. Exhale bring your right leg back. Support the weight of your body on your hands and toes. Inhale in a “push-up” position. Your back should be straight, and abdominals engaged. (figure 7)	
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		<ol style="list-style-type: none">6. Exhale and raise your upper chest, and forehead to the floor. Hips are raised. Hold the breath out for 2 to 3 seconds. (figure 8)7. Inhale, lower your hips, and raising your upper torso into cobra pose. You want to keep your shoulders down, and pressing the pelvis down into the floor. (figure 9.1 & 9.2)8. Exhale and raise your hips into downward dog. (figure 10)9. Inhale and step your left foot forward between your hands. Extend your right leg straight back behind you. Your knee, shin, and toes should be resting on your mat. (step 4 reversed). (figure 11)10. Exhale, bring the right	
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		<p>foot forward, and bending down at the waist, with palms resting on either side of your feet on the mat (same as step 3). Bending your knees slightly if you cannot touch the floor. (figure 12)</p> <p>11. Inhale and raise your upper body to an upright position by engaging the abdominals, lifting the chin, and keeping the knees soft (back to step 2). Raising your arms over your head with palms facing but not touching. You want to slightly bend the upper body backward. (figure 13)</p> <p>12. Exhale and now return to the starting position with hands in Namaste. Inhale and exhale completely.</p>	<ul style="list-style-type: none">• For modified sun salutation repeat about 4 or 6 times• Sun salutation repeats all 12 steps about 3 or 4 times.
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Informing Task: Now lets stand with erect your eyes fixed on a focal point in front of you.			
<ul style="list-style-type: none"> • Students are standing in mountain pose. 	<p>Tree:</p> <ul style="list-style-type: none"> • If it is difficulty to maintain your balance, you may also perform this pose while lying on your back. <ul style="list-style-type: none"> • If you are holding 	<p>Tree: This pose improves your posture and helps stabilize the pelvis, elongate the spine, strengthen the legs and ankles, and increase flexibility of the inner thigh muscles. (figure 14.1 & 14.2)</p> <ol style="list-style-type: none"> 1. Bear the weight of your right leg by tightening the thigh muscle. 2. Inhale and raise your left leg, placing the sole of your foot onto the calf muscle or inner thigh of the standing leg. If your foot slips, hold your ankle with one hand. 3. Stretch the inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply. 4. Once you are 	<p>Tree:</p> <ul style="list-style-type: none"> • Hold for 8 to 10

	<p>onto your leg, raise your other hand to middle of the chest or rest your open palm at the heart center.</p> <p>Hero:</p>	<p>balanced, you may raise your arms above your head or clasp your hand in Namaste at the center of the chest.</p> <ol style="list-style-type: none"> Return your raised leg to the floor and lower your arm. <p>Hero: this pose opens the hips and hip joints and keeps the knees flexible. (figure 15.1 & 15.2)</p> <ol style="list-style-type: none"> Cross your legs so that your right knee rests on top of your left knee. Place the palms of your hands on the soles of your feet. Move your feet away from your hips so that you feel a stretch in the hips. Inhale and make sure your spine is extended and that your shoulders are down and away from your ears. 	<p>seconds.</p> <ul style="list-style-type: none"> Repeat on the other side. <p>Hero:</p>
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	<p>Reclining Spinal Twist:</p> <ul style="list-style-type: none"> You can place a pillow between your knees if it is difficult to keep them together. 	<ol style="list-style-type: none"> Exhale and fold your upper body down toward your knees; don't lift the sitting bones from the floor. Relax and breathe slowly. Return to an upright position. <p>Reclining Spinal Twist: this pose is a centering pose that calms the mind and the nervous system as it balances the flow of energy throughout the body. (figure 16)</p> <ol style="list-style-type: none"> Bend both knees, with feet flat on the floor. Move your hips and buttocks 2 inches to the right and then bring knees into your chest. Extend your arms out to the sides on the floor in a "V" position, palms up. Roll your legs and hips to the left, touching the floor. Your right foot is 	<ul style="list-style-type: none"> Repeat with your left knee on your right knee. <p>Reclining Spinal Twist:</p>
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	<p>Knee Hug:</p> <ul style="list-style-type: none"> If you feel any strain in you neck, place a folded towel under your neck. 	<p>on the left foot; your right knee is on the left knee.</p> <ol style="list-style-type: none"> If your back arches, move your knees closer to your ribs. Turn your palms up; angle your to 45 degree (in a V-Shape) so your shoulders feel comfortable. Slowly turn your head to the right, away from your knees. Allow your back to relax. Slowly roll your legs and head back to center. <p>Knee Hug: this stretches the lower back muscles while massaging the entire back and lower abdominals organs. (figure 17)</p> <ol style="list-style-type: none"> Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your 	<ul style="list-style-type: none"> Hold for 30 to 60 seconds. Repeat on the other side. <p>Knee Hug:</p>
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	<ul style="list-style-type: none"> • For a variation, unfold your arms and place your hands on your knees. Part your knees slightly and make slow circles with them, messaging your hips and sacrum into the floor. <p>Corpse Pose:</p> <ul style="list-style-type: none"> • If you feel any discomfort in your 	<p>forehead.</p> <ol style="list-style-type: none"> 2. Bend both knees and bring them to your chest. 3. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. 4. Gently roll from side to side, messaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 5. Allow your movements to be slow and gentle. Your head stays on the floor at all times. <p>Corpse Pose: This is a resting pose allows the body and mind to absorb the benefits of the previous poses.</p> <ol style="list-style-type: none"> 1. Lie flat on your back. Your arms are by your sides, palms up. 2. Keep your legs about a foot apart. 	<p>Corpse Pose:</p>
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	back, you can place a towel.	3. Close your eyes 4. Breathe deeply Relax (figure 18)	<ul style="list-style-type: none">• Remain in corpse for about 3 to 5 minutes
Closure: Great Job everyone. I hope you enjoy doing the sun salutation sequences. Please remember what we when over today and don't forget to write in your journal and please put all the equipment nicely away. Thanks for your time class in and see you again.			

Lesson #5

Picture Poses



Warm-up Poses



Figure 1 Torso twist



Figure 2.1
Chopping Wood



Figure 2.2 Chopping Wood

Sun Salutation



Figure 4



Figure 6



Figure 5



Figure 7

Sun Salutation

Figure 8



Figure 9.2



Figure 9.1



Figure 10

Sun Salutation



Figure 11



Figure 12

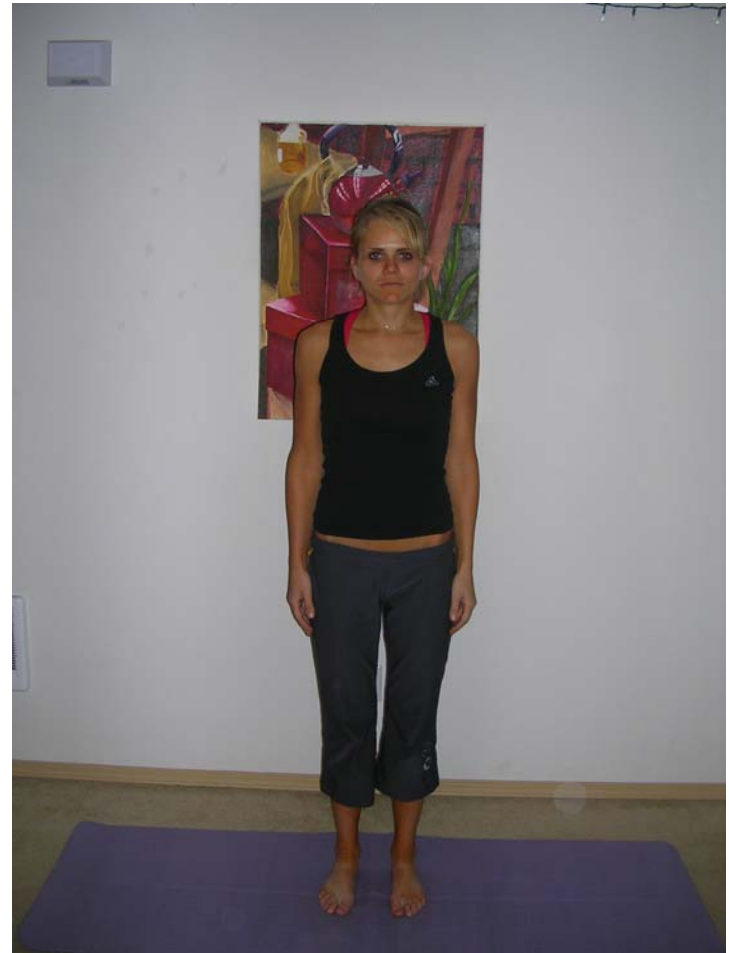


Figure 13

Cool-Down Poses

Figure 14.1
Triangle



Figure 15.1
Hero



Figure 14.2
Triangle



Figure 15.2
Hero



Cool-down Poses



Figure 16 Reclining Spinal Twist



Figure 17 Corpse Pose

**Central Washington University
Yoga Unit
Lesson #6
Beginning Fitness Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

1. By the end of class, students will be able to demonstrate beginning fitness yoga poses.

Warm Up poses:

- a. Diamond Pose (figure 1)
- b. Cat Pose (figure 2)
- c. Downward Facing Dog (figure 3)
- d. Mountain Pose (figure 4)

Sequence Poses:

- e. Monkey Series (figure 5-11)
- f. Eagle Folding its Wings (figure 12-17)

Cool down poses:

- g. Staff Pose (figure 18)
- h. Sitting Forward Bend (figure 19)
- i. Sitting Half Twist (figure 20)
- j. Womb Pose (figure 21)

2. By the end of class, students will be able to flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music CD (ex: ocean beaches)

Instant Activity: (See Warm up figures 1-4 at end of lesson) Breathing using the 3-step technique. Today we will begin our class with some limbering up exercises. We will begin in Peaceful Pose: 1) Lie flat on your back, with legs straight and hip width apart. Allow your legs and feet to roll away from each other, with your arms alongside your body, palms up at a 30-45 degree angle. 2) Gently elongate your neck and tuck your chin in slightly. Close your eyes, feel your posterior body sinking into the floor and your anterior light and weightless. 3) Bring your awareness onto your natural flow of breath below your navel. Do not try to force or control your breath. Allow your mind to follow the rhythm of your breath and experience the present moment. A state of stillness, peace, and inner harmony. 4) Place your right hand below your navel, palm down and left on top. Continue to observe the rising of your abdomen on the inhale and the falling on exhale. Continue for 3-5 minutes before opening your eyes, bending your knees and rolling to your right side coming up to Mountain Pose. From Mountain Pose we will sit on our knees in Diamond Pose: 1) Kneel on the floor, with your knees and ankles slightly apart. Rest your buttocks on your heels and your palms down on your thighs. 2) Feel your spine and neck lengthening with your chin slightly tucked. Relax your shoulders. From here we will start on all fours, 1) Take your navel towards the ground and lift your tailbone-feel your sitting bones spread. Avoid taking your head back and continue to lengthen through your crown (Hold for 10 seconds). 2) Tuck your chin in and round your spine. Feel your navel being drawn up and your buttocks contracting. (Hold for 10 seconds). Hare Pose: 1) From Cat Pose take your buttocks back to your heels. Keep your spine rounded, chin tucked into your chest and keep your hands stationary. 2) Keep your abdomen off your thighs (Hold for 10 seconds). Lizard Pose: 1) Slide your arms forward from Hare Pose until your thighs remain at right angles to the ground. 2) Rest your forehead on the ground and feel the front of your upper chest release towards the ground. 3) Relax your shoulders and hold for 10 seconds. Child's Pose: 1) Take your buttocks back to your heels, placing your forehead on the ground. Rest your hands palms down alongside your face. 2) Relax your shoulders and allow your whole body to soften (Hold for 20 seconds).

Set Induction: How many of you have ever done Yoga before? Today we will be learning basic yoga poses that will help us progress in later lessons.

MAF	Extensions	Refinements	Applications
Informing Task: Today we are going to learn flowing series. When I say, "Go", please join me sitting on your knees and wait for further instructions. "GO".			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students sitting on their knees waiting for further instructions. 	Place a cushion under your buttocks and calves for a softer feel.	Diamond Pose: (figure #5) <ol style="list-style-type: none"> 1. Start in Diamond Pose, and then extend your arms overhead bringing your palms together and taking them down through your torso. 2. Rest your palms on your thighs and fold forward from your hips. Keep lengthening through your spine until your lower back releases. 	<ul style="list-style-type: none"> • Repeat 3 to 5 times in a flowing manner.

		Then tuck your chin into your chest and roll up.	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students start in Diamond Pose. 		<p>Cat Pose: (figure #6)</p> <ol style="list-style-type: none"> 1. Start on all fours with knees under hips and hands under shoulders. Make sure your head, neck and spine are parallel to the ground. 2. Take your navel towards the ground and lift your tailbone-feel your sitting bones spread. Avoid taking your head back and continue to lengthen through your crown. 3. Tuck your chin in and round your spine. Feel your navel being drawn up and your buttocks contracting. Repeat, alternating the hollowing and rounding of your spine. 	<ul style="list-style-type: none"> • Repeat, alternating the hollowing and rounding of your spine, five times.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Cat Pose. 		<p>Downward Facing Dog: (figure #7)</p> <ol style="list-style-type: none"> 1. Tuck your toes under and push back with your hands while raising your hips up and back. 2. Press your heels towards the ground, keeping your knees slightly bent. Aim to distribute your weight evenly between hands and feet, so that your body forms an inverted 'V'. 3. Relax your neck muscles and roll your shoulders inwards, spreading your shoulder blades. 	<ul style="list-style-type: none"> • Hold for 10 seconds.
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Downward Facing Dog. 		<p>Mountain Pose: (figure #8)</p> <ol style="list-style-type: none"> 1. Begin with your feet between your hips and shoulders – go with what feels natural and comfortable. Slightly angle your feet outwards with your weight evenly spread through the balls, lateral edge and heel. Avoid your arches collapsing inwards. Try to feel them lift up. 2. Unlock your knee joints and tuck your sacrum slightly in. Relax your abdomen and hips. 3. Lengthen up through the 	<ul style="list-style-type: none"> • Remain here for 3 to 5 breaths.

		<p>spine. Let your arms hang and relax your shoulders.</p> <ol style="list-style-type: none"> 4. Slightly tuck your chin in, and at the same time, feel the back of your neck lengthen. 5. Soften your eyes, face and relax your jaw. Gaze forward and downward. You should feel as if your head is being suspended from above, at the crown, by an invisible string. 6. Feel energy permeating your body, through the pores of your skin – producing a light, free feeling. 	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Mountain Pose. 	<p>To make it easier: If your hips and spine are tight, leave out step 2 and roll down, continue step 3. Another option until your spine and hips gain strength and suppleness is to use a chair. If step 4 creates strain leave it out of your practice, until you are ready.</p>	<p>Monkey Series: (figure #9)</p> <ol style="list-style-type: none"> 1. Begin in Mountain Pose, sink down slightly, bending your knees and keeping your weight evenly distributed under your feet. Place your hands in the small of your back. 2. Keep your spine vertical and flow forward from your hips. When your torso is at a right angle to the ground, hold statically (the monkey). Check your knees are over and behind your toes. Hold for 10 	<ul style="list-style-type: none"> • Repeat 5 times.

		<p>seconds.</p> <ol style="list-style-type: none">3. Release your lower back, tuck your chin in and roll forward. Place your hands (palms up) on the ground (monkey forward bend). Keeping your torso centered between your legs, extend through the back of your legs. Check your knee joints are soft and unlocked. Hold for 10 seconds.4. Bend your knees a little more and concentrate on stretching your sacrum and lower back. Hold for 10 seconds.5. Maintaining the stretch on your lower back, slowly begin to lengthen the backs of your legs. You should feel an equal stretch on both. Hold for 10 seconds.6. From Monkey Forward Bend, slowly lower your buttocks 90 degrees to the ground, and in a continuous movement, rise back to starting position. Repeat 5 times and hold the fifth squat for 5 seconds. Check your knee alignment and keep your weight even under your feet.	
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		<p>7. From the Monkey Squat, place your hands around the outside of your ankles and lengthen through the back of the legs, into a Monkey Forward Bend. Relax your neck and shoulders and feel the crown of your head release towards the ground. Keep your knee joints unlocked. Hold for 10 seconds. Bend your knees a little more and concentrate on stretching your sacrum and lower back. Hold for 10 seconds.</p> <p>8. Roll back up to Mountain Pose.</p>	
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<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Mountain Pose. 	<p>To make things easier: If you experience pain or tightness at step 2 leave your arms to the side, tuck your chin in and roll down. Continue step 3.</p>	<p>Eagle Folding It's Wings: (figure #10)</p> <ol style="list-style-type: none"> 1. Begin in Mountain Pose. Sink slightly, turn your palms out and raise your arms above your head, rising with the arm movement. Sink as you bring your arms down in front of your torso, palms down. Place the back of your hands in the small of your back. Check that your knees are behind and aligned with your toes. 2. Keeping your head, neck and back vertical, fold forward from the hip joint with a 'Monkey Back'. When your torso is at a right angle to the ground, continue the downward motion by tucking your chin in. Feel your lower back release and roll your shoulders, allowing your arms to come forward under your shoulders palms up. 3. With the knees bent and weight evenly under your feet, keep your chin tucked in and roll up to Mountain Pose. 	<ul style="list-style-type: none"> • Repeat 3 times.
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Informing Task: We will now begin our sequences. We will flow through the Monkey Series 8 times at your own pace and then through the Eagle Series 8 times at your own pace. When I say “Go”, please begin flowing in the sequence at your own pace. “Go”.

1. Monkey Series
2. Eagle Folding its Wings

Informing Task: Now we will move into our cool down. When I say “Go”, please join me sitting on your mat with your legs straight out in front of you. “GO”.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are sitting on mats with legs straight out in front of them. 	<p>To make it easier: If your abdominals and spine lack strength, use a cushion under the buttocks.</p>	<p>Staff pose: (figure #11)</p> <ol style="list-style-type: none"> 1. Begin seated, extending to straight legs keeping your knee joints unlocked, feet are hip width apart, toes pointing upwards. 2. Place your hands behind you, palms down, fingers spread, and relax your shoulders. 3. Balance on your sitting bones and lengthen through your spine. Lift your chest and open your heart center. Hold for 20 seconds. To increase the effectiveness of this pose, keep your spine vertical and retain its natural curve. 	
<ul style="list-style-type: none"> • Same as above. 	<p>To make it easier: If your lower back rounds, sit on a cushion so that your hips are raised slightly. Hold a towel around your feet and keep your spine lengthening up and forward.</p>	<p>Sitting Forward Bend: (figure #12)</p> <ol style="list-style-type: none"> 1. From Staff Pose raise your arms above your head, elbows bent palms forward. Keep the length through your spine. 2. Anchor your buttocks and fold forward from 	

		<p>your hip joints. Without rounding your spine, rest your hands alongside your shins, ankles or feet.</p> <ol style="list-style-type: none"> 3. If you have the flexibility, continue to fold forward and rest your head between your shins. Hold for 20 seconds. 4. Return to an upright position by reversing the path taken into the forward bend. 	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be sitting with their legs crossed. 	<p>To make it easier: If your back is not straight, sit on a cushion throughout so that your hips are raised slightly.</p>	<p>Sitting Half Twist: (figure #13)</p> <ol style="list-style-type: none"> 1. Sit with your legs crossed and with your back upright. Place your right hand out of the side of your buttocks and come onto your fingertips. Your left hand rests on the outside of your right knee. 2. Extend up through your spine and head. Stabilize your pelvis and twist to the right commencing from the lumber spine and continuing up. Keep your shoulders level throughout. 3. Continue to lengthen your spine. 	<ul style="list-style-type: none"> • Hold for 10 seconds and repeat opposite side.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be lying on their backs. 		<p>Womb Pose: (figure #14)</p> <ol style="list-style-type: none"> 1. Lie on your back, bend one leg up at a time, holding below your knee take your thighs into your abdomen. Keep your knees hips width apart and relax your neck and shoulders. Elongate through the back of your neck, keeping your chin tucked in. Hold for 20 seconds. 2. Return to starting position by extending out one leg at a time. 	
<p>Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.</p>			
<p>Closure: Did you all enjoy the sequences? Well done today everyone! Don't forget to write in your journals, and I will see you tomorrow.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9

FIGURE 10

FIGURE 11



FIGURE 12

FIGURE 13

FIGURE 14



FIGURE 15

FIGURE 16

FIGURE 17



FIGURE 18

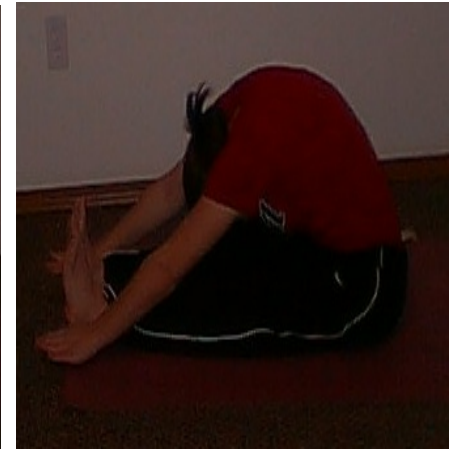


FIGURE 19



FIGURE 20



FIGURE 21

Yoga Unit
Jen Edwards & Brittney Gese
Lesson Plan #7

1. Objectives:

A. Student: (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

1. By the end of the class, the students will be able to do poses that concentrate specifically on their thighs and butt.

Warm-up:

- a. Barrel Movement (figure 1)
- b. Water Wheel (Figure 2.1 & 2.2)

Sequence:

- a. Dancer's Pose (Figure 3)
- b. Tree Pose (Figure 4.1 & 4.2)
- c. Balancing Stick Pose (figure 5.1 & 5.2)
- d. Chair pose (Figure 6)
- e. Backbend (figure 7)
- f. Separated Leg Stretch (figure 8.1 & 8.2)

Cool-Down:

- a. Child Pose (figure 9)
- b. Full Body Stretch (figure 10)
- c. Cross Bow (figure 11.1 & 11.2)
- d. Corpse Pose (Figure 12)

B. Teacher:

Equipment:

- 30 yoga mats
- 30 blankets or towels
- 30 chairs
- CD Player
- Soft music CD

Warm-up: Welcome Class. Today lets starts class standing up. So lets starts with your feet at the top of your mats and start the **3 step technique** to get your breathing ready for today session. Your first warm-up today is called the **barrel movement** (See Figure 1). It will loosen your back and hips. This is a slow, hypnotic movement that increases flexibility in the lower back, loosen the hips, relaxes the body, and calms the mind. First yet start with your feet about hip-distance apart. Arms hang loosely by your sides. Make sure your spine comfortably extended, your shoulders are down away from your ears and your abdominal muscles are slightly engaged. Now inhale and slowly begin making small circles with your hips in a clockwise direction. Gradually allow the circles to expand so that your hips are moving in large circles. You really want to try to keep your upper body stationary; the movement should be in your hips only. Imagine that you've wrapping a towel around your hips and that you are trying to clean the inside of a barrel. Lets continue doing this clockwise 6 times. Stop. Breathe and feel the energy swirling your hips, lower back, and abdomen. Resume by making small circles in the opposite direction (counterclockwise). Gradually increase the size of your circles. Make the inside of barrel shine. Let do this 6 times. Now the next pose is called the **water wheel** (See Figure 2.1 & 2.2). This releases tension in the pelvic area, limbers the spinal column, and increase respiration and circulation while energizing the entire system. Okay now stand with your feet about shoulder-width apart, with your knees slightly bent. Place your palms against your lower back, and your fingers should be pointing down. Relax your lower jaw as you open your mouth slightly. Inhale through the mouth and arch backward, and gently press your hands into your lower back for support. Gaze upward, keeping your neck in line with the spine to avoid putting any pressure on your neck. Exhale through the mouth and "spill" forward like a water wheel, bringing your chin toward your chest and letting your upper body hang and your arms dangle. Keep your knees bent. Lets repeat this about 6 time (figure 2.2). Feel free to add sound when you exhale to really get your energy flowing.

Set Induction: Yoga poses are very from each other, but they all concentrate on specific parts of your body. The muscle groups that we are going to concentrate on going to be Buttocks and legs.

MAF/Instructional Technique	Extensions	Refinements	Applications
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Informing Task: Let start by standing up your mats in mountain pose. Stand erect with your spine elongated and your feet hip-width apart.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be at the top of there mats 	<p>Dancer 's pose:</p>	<p>Dancer's Pose: This pose helps strengthens and tones the legs and tightens the muscles of the upper arms, hips, and buttocks.</p>	<p>Dancer's Pose:</p>
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standing.

- Instead of grasping your ankle, you can grasp your leg with palm facing in.

1. Shift your weight onto your left foot. Inhale and raise your left arm close by left ear. Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle. The sole of your right foot faces up and your knee is pointing down.
2. Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower upper torso and your left arm until nearly horizontal with the floor. You want to hinge at the waist. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt this try and lift your toes toward the ceiling. Your body should look like a

	<p>Tree Pose:</p> <ul style="list-style-type: none"> • If it is so difficult to maintain your balance you can perform this pose while lying on your back. • Instead of placing your left leg on your calf muscle. You can place it in the inner thigh of the standing 	<p>bow. Don't be concerned with the height of your raising leg-go for the stretch and balance.</p> <p>3. On an inhalation, raise your upper torso and release your right leg and arms. Now let do the pose on the opposite leg.</p> <p>(Figure 3.1 & 3.2)</p> <p>Tree Pose: Improves your posture and helps stabilize the pelvis, elongate the spine, strengthen the legs and ankles, and increase flexibility of the inner thigh muscles.</p> <p>1. Stand erect with your fixed on a focal point in front of you. Bear the weight of your body on your right leg by tightening the thigh muscle. Inhale and raise your left leg, placing the sole of the foot onto the calf muscle of the standing leg. Stretch the</p>	<ul style="list-style-type: none"> • Breathe deeply and hold the pose for 10 seconds. • Repeat 6 times. <p>Tree Pose:</p>
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	<p>leg. If your leg slips you can hold your ankle with one hand.</p> <ul style="list-style-type: none"> • If you are holding onto your leg, raise your other hand to the middle of your chest or rest your open palm at the heart center. <p>Balancing Stick Pose:</p> <ul style="list-style-type: none"> • If it feels comfortable, cross your thumbs. 	<p>inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply.</p> <ol style="list-style-type: none"> 2. Once you are balanced, you may raise your arms above your head or clasp your hands in Namaste at the center of your chest. 3. Return your raised leg to the floor and lower your arms. Repeat on the other side. <p>(Figure 4.1 & 4.2) Balancing Stick Pose: it tones and firms your legs, hips, buttocks, shoulders, and arms as it increases circulation and works the heart.</p> <ol style="list-style-type: none"> 1. Stand with your feet together. Raise your arms over your head, palms together 2. Inhale and step forward about a foot with your left leg. Point your right toe and rest it lightly on the floor behind. Your 	<ul style="list-style-type: none"> • Hold for 8 to 10 breathe. • Repeat 4 times. <p>Balancing Stick Pose:</p>
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	<ul style="list-style-type: none"> If your balance is a challenge, let your fingers rest lightly on high-backed chair. <p>Chair Pose:</p>	<p>heel should be lifted.</p> <ol style="list-style-type: none"> Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hips as your right leg lifts up straight behind you and outstretched your arms lowering down in front of you. Your hips should be level. Viewed from the side it should look like a "T". Lower your right leg and raise your arms, returning to start position. Check to sure your shoulders are down away from your ears. Lets repeat on the other side. <p>(figure 5.1 & 5.2)</p> <p>Chair Pose: this pose works on the thigh and calf muscles while strengthening the ankles and Achilles tendons.</p> <ol style="list-style-type: none"> Stand with your feet under your hips in 	<ul style="list-style-type: none"> Breathe normally and hold for 10 seconds Do this pose 4 times. <p>Chair Pose:</p>
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	<ul style="list-style-type: none">• If need you can rest your hands on your hips bones. If you have pain or any trouble in your arms.	<p>Mountain pose. Your arms and hands are held straight out in the front at shoulder level. Keep your shoulders relaxed, back and down.</p> <ol style="list-style-type: none">2. Inhale. On an exhalation, slowly begin lowering your body into a squat position as though you were about to in an imaginary chair. Don't bend your knees beyond a 90 degree. Keep your feet flat on the floor, hip-width apart, with your knees over your ankles. Breathe slowly as you gaze beyond your arms. Keep your neck relaxed and extended. Raise your toes off the floor, rocking back on your heels. Return to a standing position with arms remaining at shoulder level.3. From this standing position, inhale and lift your heels off the floor.	<ul style="list-style-type: none">• Hold for counts of 5 breaths.
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	<p>Backbend:</p>	<p>On an exhalation, slowly begin lowering your body into a squat position, again sitting in an imaginary chair. Don't go beyond 90 degrees.</p> <p>4. Inhale and raise back up and return to mountain. Feel the energy course through your body.</p> <p>Backbend: this gentle movement strengthens the lower back, increases flexibility of the spine, opens the chest, and expands lung capacity. (figure 6)</p> <p>1. Stand with spine erect and elongated. Your shoulders are down and away from your ears. Place the palms of your hands on your lower back with your fingers pointing down. Engage abdominal muscles.</p> <p>2. Inhale. Feel your self lifting out of your waist and slowly lower your upper torso backward</p>	<ul style="list-style-type: none"> • Breathe deeply and hold for a count of 5. • Repeat 3 more times. <p>Backbend:</p>
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	<ul style="list-style-type: none"> Your hands support the lower back. <p>Separated Leg Stretch:</p>	<p>from the middle of your body. Don't allow your head to fall too far back, which can cause a strain on the neck. Keep your neck in line with your spine.</p> <ol style="list-style-type: none"> Bend until you feel you are creating an extension of the spine, but without straining (don't bend too far back). Keep your abs contracted. Keep chest lifted up. Slowly come out of the pose and return to an upright position. <p>(Figure 7) Separated Leg Stretch: this pose stretches the inner thighs, back of the legs, improves muscle tone, and increases flexibility in the legs and hips.</p> <ol style="list-style-type: none"> Stand tall with your spine elongated and feet parallel. Step to the right your feet are wider than your hips, about 4 feet apart. The wider the 	<ul style="list-style-type: none"> Hold for a slow count of 5, breathing normally. Repeat once or twice more. <p>Separated Leg Stretch:</p>
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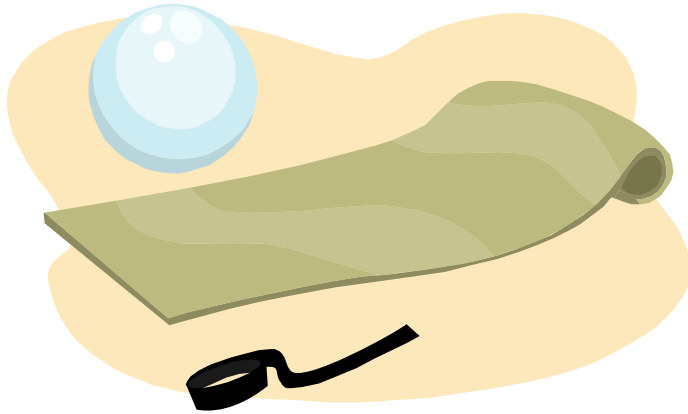
	<ul style="list-style-type: none"> • You can grasp your knees, calves, or ankles. If you can't reach your heels or if it like more comfortably. • Don't nod your head if you feel any strain. • If it feel comfortably. 	<p>feet, the easier the stretch. Your feet face forward and should not be turned out.</p> <ol style="list-style-type: none"> 2. Inhale and raise your arms to the sides at shoulder height, palms down. Shoulders are relaxed and down away from your ears. Bend your knees slightly to protect your lower back. 3. Exhale and bend forward, hinging at the hips. Chin is tucked, and knees are soft. Slide your hands down the outside of your legs. Grasp your heel. 4. Pull with your arms so that your head moves closer to the floor. Your elbows will bend. Feel the strengthening of your upper arms and shoulders. 5. Nod your slightly as if you saying "yes" 6. Straighten your back as much as possible. Lift your tailbone slightly, 	<ul style="list-style-type: none"> • Remain in this pose for up to 10
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		<p>and straighten your legs.</p> <p>7. Prepare to return to a standing position by pressing your feet firmly into the floor and taking your arms out to the sides of your body. Keep your knees soft, raise your chin, and tighten your abdominal muscle. Come up with your arms out to the sides as if you were an air plane. Once your body is vertical, relax your arms by your sides in Mountain Pose.</p> <p>(figure 8.1 &8.2)</p>	<p>seconds. Breathe</p> <ul style="list-style-type: none"> • Repeat the stretch twice more. See if your head drops any further toward the floor.
<p>Informing Task: Now we are going start doing your cool-down. So let's start by having your shins on the mat.</p>			
<ul style="list-style-type: none"> • Students are shins are on their mats. 		<p>Child pose: This pose completely relaxes the back and neck and stretches the spine.</p> <ol style="list-style-type: none"> 1. Kneel with your buttocks on or near your heels and with your legs slightly apart. 2. bend from the hips-forward and down-folding your upper body onto your thighs. The forehead rests on the 	<p>Child pose:</p>

	<p>Full Body Stretch:</p> <ul style="list-style-type: none"> • If you feel any strain in your neck, place a folded blanket under your head. • Be careful not to over stretch your shoulder joints. 	<p>floor.</p> <ol style="list-style-type: none"> 3. Place your arms on the floor next to you legs, palms up. If you wish, you can also extend your arms on the floor in front of you, palms down, with elbows relaxed. 4. Let your shoulders round. 5. Breathe deeply and relax. 6. Raise your upper body and return to a kneeling position. <p>(figure 9) Full Body Stretch: It loosens up the muscles of your arms, legs, and torso while stretching your spinal column to its fullest length.</p> <ol style="list-style-type: none"> 1. Lie on your back. Make sure your chin is not higher than your forehead. 2. On inhalation, bring your arms up over your head and onto the floor so that the back of your hands rest on the mat. 	<ul style="list-style-type: none"> • Remain in this pose for 1 or 2 minutes. <p>Full Body Stretch:</p>
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	<p>Corpse Pose:</p> <ul style="list-style-type: none"> • If you feel any discomfort in the small of your back, place a rolled blanket 	<ol style="list-style-type: none"> 3. Exhale and stretch your arms and legs in opposite directions. Open your hands so your fingers are splayed; point your toes. Open your mouth and your eyes wide. You really want to stretch. 4. Continue to breathe, stretching further with each exhalation. 5. Exhale deeply, return your arms to your sides, and relax your entire body. Feel a sense of letting go as you release further into the floor. <p>(figure 10) Corpse pose: this is resting pose allows your body and mind to absorb the benefits of the previous poses.</p> <ol style="list-style-type: none"> 1. Lie flat on your back. Your arms are by your sides, palms up. 2. Keep your legs about a foot apart. 3. Close your eyes 4. Breathe deeply 5. Relax 	<ul style="list-style-type: none"> • Do this pose for about 2 minutes. <p>Corpse Pose:</p> <ul style="list-style-type: none"> • Remain in this pose for about 5 minutes.
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	under your knees.	(figure 11)	
Closure: Great Job everyone. I hope you all enjoy today session, and got good use of your buttock and thighs. Please don't forget to write in your journal about your session today and how you feel about it?			



Lesson #7

Picture Poses

Warm-up Poses



Figure 1 Barrel Movement



Figure 2.1 Water Wheel



Figure 2.2 Water Wheel

Sequence Poses



Figure 3.1 Dancer's Pose



Figure 4.1 Tree



Figure 3.2 Dancer's Pose



Figure 4.2 Tree

Sequence Poses



Figure 5.1 Balancing Stick



Figure 6
Chair



Figure 5.2 Balancing Stick



Figure 7
Backbend

Sequence Poses



Figure 8.1
Separated leg
Stretch



Figure 8.2 Separated Leg Stretch

Cool-Down Poses

Figure 9 child Pose



Figure 10 Full Body Stretch



Figure 11 Corpse Pose



**Central Washington University
Yoga Unit
Lesson #8
Beginning Fitness Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class, students will be able to...

1. Demonstrate beginning fitness yoga poses:

Warm-Up

- a. Rotating Twist (figure 1)
- b. Roll Shoulders (figure 2)
- c. Ski (figure 3)
- d. Roll Knees (figure 4)
- e. Roll Hips (figure 5)
- f. Bend & Straighten Legs (figure 6)
- g. Supported Side Stretch (figure 7)

Sequence:

- h. Triangle Pose (figure 8)
- i. Warrior II/Proud Warrior (figure 9)
- j. Archer Pose (figure 10)
- k. Intense Forward Stretch (figure 11)
- l. Tree Pose (figure 12)
- m. Dog Pose (figure 13)
- g. Tortoise Series (figures 14-16)

Cool-Down

- n. Palm Tree (figure 17)
- o. Downward Facing Dog (figure 18)
- p. Cat Pose (figure 19)
- q. Knee to Chest Pose (figure 20)
- r. Lever Pose (figure 21)
- s. Peaceful Pose (figure 22)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music CD (ex: rainforest sounds)

Instant Activity: (See Warm Up figures 1-7 at end of lesson) Breathing using the 3 step technique. Today we will begin in Mountain Pose. From Mountain Pose we will flow into Rotating Twist: 1) Position feet hip width apart, facing forward and parallel. Keep knees slightly bent. 2) Turn hips from side-to-side allowing your upper body and arms to passively follow the movement. Keep feet firmly planted so you achieve maximum benefit of the movement through your legs. 3) Keep arms and upper body relaxed so the swinging motion releases your shoulders and neck. Keep your head in line with your spine to avoid excess rotation of your neck. 4) Turn your eyes as far to the side as you can – a nice eye exercise. Keep movements going for 30 to 60 seconds. Roll Shoulders: 1) Slowly roll shoulders up and back on an inbreath. Down and forward on an outbreath. 2) Keep head, neck and body stationary. 3) Reverse the movement 6 times in each direction. Ski: 1) Rock up on your toes, then back on your heels. 2) Use your upper body and arms as if skiing to keep center of gravity stable (Easier: Work each leg alternately). Roll knees: 1) Position feet close together and parallel. 2) Bend knees, place hands on legs above your knees and roll knees in circles. Keep your feet flat on the floor. Repeat 5 to 6 times each side. Roll Hips: 1) Bring hands to hips and roll hips slowly and smoothly. Repeat 5 to 6 times in each direction to loosen hips and release lower back. Circle of Joy: 1) Stand in Mountain Pose. 2) Breathe in. Clasp hands as you breathe out and push your palms away, stretching arms forward with head between your arms and folding forward from your waist. Soften into your knees if you need to. 3) Breathe in. Stretch arms overhead, pressing clasped hands to the sky. Breathe out. Release hands and arms down behind your back. 4) Breathe in. Clasp hands and slowly stretch arms back. Breathe out. Bring arms straight forward palms together. Breathe in. Hands back to your heart. Repeat 3 times. 5) Hold for two breaths, eyes closed. Bend & Straighten Legs: 1) Position legs wide, feet in line and parallel. Bend one leg while stretching the other straight. Alternate from side-to-side. 2) Bend body forward slightly, placing hands and some weight on your bend leg. Keep foot on your straight leg side extended to the outer edge of that foot. Don't lock your knees. Repeat 6 times. 3) Stop movement. Bend knees and curl your body forward. Let head hang to release your neck. Bend elbows, wrap hands around elbows. Let breath flow. 4) Allow release and stretch through length of your back and neck. To come up, keep legs bent, sweep arms forward and up using your shoulders to lift. Supported Side Stretch: 1) Still with legs wide, extend arms to shoulder height. Breathe in. Breathe out. Tip arms to the left. 2) Rest left hand on your left leg extending right arm overhead and palm facing towards the floor. 3) Hold for 2 breaths. Return upright breathing in. Breathe out and repeat to the right.

Set Induction: "Yoga can be as important as any medication. This is a lifestyle change. This is a way to improve the quality of your life." Today we will be learning some basic yoga poses that you can use throughout your lifestyle.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, "Go", please join me with your feet at least 3 feet apart. "Go".			
<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students are standing with feet at least 3 feet apart. 		Triangle Pose: (figure #8) 1. Position your feet at least 3 feet apart, in line and parallel. Lift left toes, swivel on heel and set toes out at 90 degrees to your body. Lift right heel back slightly, approximately 15 degrees. Front heel	

		<p>should be in line with the back instep. Try to keep your right hip back. Always attempt to keep your body in line with your legs.</p> <ol style="list-style-type: none"> 2. Internally stretch tailbone towards the floor and feel a corresponding firming of your lower abdomen. This activates your pelvic core, providing stability and strength. 3. Stretch arms up level with shoulders. Breathe out. Fold from hip over your left leg. 4. Breathe in. Breathe out. Fold forward bringing left hand to the inside of your leg, opening your chest, stretching up with your right arm and both palms facing forward. Breathe evenly as you hold. Build up to holding for a few breaths. 5. Return your body upright on an inbreath. Lower arms and return feet to center on an outbreath. Repeat on the other side. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Warrior Pose II: (figure #9)</p> <ol style="list-style-type: none"> 1. Position your feet at least 3 feet apart, facing forward 	<ul style="list-style-type: none"> • Repeat, alternating the hollowing and rounding of your spine, five times.

		<p>and parallel. Hands on hips. Lift left toes, swivel on heel and set toes out at 90 degrees. Lift right heel back to around 15 degrees. Activate your pelvic core as in Triangle Pose. Keep body upright, lifting through your heart.</p> <p>2. Bend front leg into a lunge, adjusting distance between your feet if necessary. Front knee should be directly above your ankle and in line with your toes. Back leg should be straight and strong with pressure on the outer edge of your back foot. If back leg feels weak, shorten the distance between your</p>	
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		<p>feet and reduce the depth of the lunge in your front leg.</p> <ol style="list-style-type: none"> 3. Raise arms level with your shoulders, keeping a straight line from fingertip to fingertip, and palms facing the floor. Look forward over your front hand. Breathe as you hold. Build up to holding for a few breaths. 	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Warrior Pose. 		<p>Archer Pose: (figure #10)</p> <ol style="list-style-type: none"> 1. From Warrior Pose, breathe out and tip back. 2. Bring right hand to rest on your right leg. Breathe in. Stretch left arm forward and up in a straight diagonal line. Hold for 1 or 2 breathes, then return to Warrior Pose. 3. Lower hands to your hips, straighten front leg and turn feet to the front. 	<ul style="list-style-type: none"> • Repeat on the other side.
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing 	<p>To make it easier: Bend your knees. Keep arms relaxed on your back. Or, bend</p>	<p>Intense Forward Stretch: (figure #11)</p> <ol style="list-style-type: none"> 1. Position your feet at 	

<p>with feet at least 3 feet apart.</p>	<p>your knees and bring hands on to your legs for support, raising back level with the floor and straightening your arms.</p>	<p>least 3 feet apart, facing forward and parallel. 2. Breathe in. Raise arms to shoulder height. Breathe out. Fold from your hips taking your body forward and down. 3. Clasp hands behind your back. Slowly straighten arms back and up taking hands towards the ceiling. Keep your neck relaxed and shoulders away from your ears. 4. To come out of the pose, bend your knees in a semi-squat, thighs strong. Take arms out wide, level with your shoulders. Lift your shoulders to come up. Roll hips to ensure your body feels at ease.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are in Mountain Pose. 	<p>To make it easier: Stand with back supported against a wall. Only take your raised foot as high as your body allows.</p>	<p>Tree Pose: (figure #12) 1. Ground firmly through your right foot, gradually taking weight off your left foot. Using your right hand to help, bring your left foot up onto your right leg, foot facing straight down. Aim to bring left heel into your right groin. Employ basic alignments, pressing your right leg against your raised foot. 2. When foundation is strong, stretch your arms up overhead, palms</p>	

		<p>together. Aim towards bringing elbows straight, arms a little behind your ears. Hold while breathing deeply and smoothly. Connect your consciousness with the tress – the lungs of the earth.</p> <p>3. Return hands to prayer position at your heart. Slowly release your left leg. Repeat on the other side. Roll hips to ease hips and lower back.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are sitting back on their heels. 	<p>To make things easier: Keep knees bent. Alternately bend and straighten legs to encourage hamstring muscles to stretch. For weak wrists, roll a towel into a sausage shape and grip your hands over this roll.</p> <p>To make it harder: 3-Legged Dog: 1) Bring feet close together and raise right leg off the floor. Diagonally line up your arms, back and raised leg. Hold for 2 breaths. 2) Return leg to the floor and repeat with your left leg.</p>	<p>Dog Pose: (figure #13)</p> <ol style="list-style-type: none"> 1. Sit back on heels, feet up on toes. Extend your arms forward, shoulder width apart. Try to align middle fingers with the outer edge of your shoulders. Spread fingers and plant hands firmly on the floor, particularly pressing down on the balls of your fingers so your wrists aren't doing all the work. 2. Press into your toes, moving your hips up and back, stretching your tailbone up. Don't straighten your legs right away if the back of your legs are tight. 3. Keep neck soft and your head between your arms, 	

		<p>looking straight through to your legs. Draw shoulders away from your ears, broaden and flatten across upper back directing your chest towards your thighs. Avoid dipping into your lower back.</p> <p>4. If legs allow, slowly straighten directing your heels back towards the floor. Focus on the action through your back first before attending to your legs.</p>	
<p>Informing Task: We are now going to learn another series and some more poses. When I say “Go”, I would like you all to join me in Mountain Pose and wait for further instruction. “GO”.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 	<p>To make it easier: If your hips and spine are tight, leave out step 2 and roll down, continue to step 3. Another option until your spine and hips gain strength and suppleness is to use a chair. If step 4 creates strain leave it out of your practice, until you are ready.</p>	<p>Tortoise Series: (figures 14-18)</p> <ol style="list-style-type: none"> 1. Begin in Mountain Pose and turn your left foot out approximately half a hip width. Turn your feet to be on a 30 to 45 degree angle. Sink down slightly, bending your knees and keeping your weight evenly distributed under your feet. Place the back of your hands in the small of your back. 2. Keeping your body vertical, fold from your hip joint until at a right angle to the ground (The Tortoise). Look to the ground between your 	<ul style="list-style-type: none"> • Hold for 10 to 20 seconds and roll back up to starting position. • Flow through this series 4 to 6 times.

		<p>legs and feel your spine lengthen. Keep the natural lumbar curve in your spine and check your knees are behind and aligned with your toes. Hold for 10 seconds.</p> <ol style="list-style-type: none">3. Tucking your chin into your chest, fold forwards rolling your shoulders and bringing your hands (palms up) to relax on the ground. Keep your knees bent and feel the stretch through your spine (Tortoise Forward Bend). Hold for 10 to 20 seconds.4. From the Tortoise Forward Bend, slowly sink your buttocks towards the ground to an approximate 45 degree angle and return to the starting position. Repeat 5 times slowly and hold the fifth squat (Tortoise Squat). Check your knee-toe alignment. Hold for 5 seconds.5. From the Tortoise Squat, return to a Tortoise Forward Bend and lengthen through your legs and spine. Keep your knee joints unlocked.	
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Informing Task: We will now begin our sequences. We will begin with the first Series and repeat it 7 times at our own pace. We will then complete the Tortise Series and repeat it 8 times at our own pace. When I say “Go”, please begin flowing in the sequence at your own pace. “Go”.

First Sequence:

1. Triangle Pose
2. Warrior II
3. Archer Pose
4. Intense Forward Stretch
5. Tree Pose
6. Dog Pose

Second Sequence:

1. Tortoise Sequence

Informing Task: Now we will begin our cool down. When I say “Go”, Please join me in Mountain Pose and wait for further instructions. “GO”.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be standing in Mountain Pose, waiting for further instruction. 		<p>Palm Tree: (figure #19)</p> <ol style="list-style-type: none"> 1. From Mountain Pose, raise your arms overhead with your elbows bent and palms facing inwards. 2. Keep your sacrum slightly tucked and feel the lengthening through your spine. 	
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<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 		<p>Downward Facing Dog: (figure #20)</p> <ol style="list-style-type: none"> 1. Tuck your toes under and push back with your hands while raising your hips up and back. 2. Press your heels towards the ground, keeping your knees slightly bent. Aim to distribute your weight evenly between hands and feet, so that your body forms an inverted 'V'. 3. Relax your neck muscles and roll your shoulders inwards, spreading your shoulder blades. 	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are kneeling in cat pose. 		<p>Cat Pose: (figure #21)</p> <ol style="list-style-type: none"> 1. Start on all fours with knees under hips and hands under shoulders. Make sure your head, neck and spine are parallel to the ground. 2. Take your navel towards the ground and lift your tailbone-feel your sitting bones spread. Avoid taking your head back and continue to lengthen through your crown. 3. Tuck your chin in and round your spine. Feel your navel being drawn 	

		up and your buttocks contracting. Repeat, alternating the hollowing and rounding of your spine.	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are lying on their backs. 		<p>Knee to Chest Pose: (figure #22)</p> <ol style="list-style-type: none"> 1. Lying on your back, bring your right leg up. Interlace your fingers below your knee and take your knee to chest. 2. Keep your chin tucked and spine extended. Hold for 10 seconds. 	<ul style="list-style-type: none"> • Repeat with left leg.
<ul style="list-style-type: none"> • Same as above. 		<p>Lever Pose: (figure #23)</p> <ol style="list-style-type: none"> 1. Knee to Chest 2. Place your left hand on the outside of your right knee. Extend your right arm out from your shoulder (palms up). 3. Relax your abdomen and lower your right knee to the left. Look at your right hand. Hold for 10 seconds. 4. Return your leg 	

		<p>to the center and extend out straight.</p> <p>5. Repeat with your left leg. Knee to Chest Pose then above steps.</p>	
<ul style="list-style-type: none"> • Same as above. 		<p>Peaceful Pose: (figure #24)</p> <ol style="list-style-type: none"> 1. Lie flat on your back, with legs straight and hip width apart. Allow your legs and feet to roll away from each other, with your arms alongside your body, palms up at a 30-45 degree angle. 2. Gently elongate your neck and tuck your chin in slightly. Close your eyes, feel your posterior body sinking into the floor, and your anterior light and weightless. 3. Bring your awareness onto your natural flow of breath below your navel. Do not try to force or control your breath. Allow 	

		<p>your mind to follow the rhythm of your breath and experience the present moment. A state of stillness, peace, and inner harmony.</p> <p>4. Place your right hand below your navel, palm down and left on top. Continue to observe the rising of your abdomen on the inhale and the falling on exhale.</p>	
<p>Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.</p>			
<p>Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14

FIGURE 15

FIGURE 16

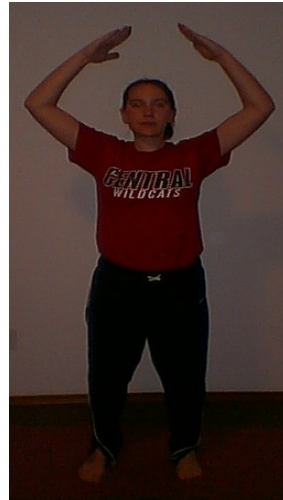


FIGURE 17



FIGURE 18



FIGURE 19



FIGURE 20



FIGURE 21



FIGURE 22

Yoga Unit
Jen Edwards & Brittney Gese
Lesson Plan #9
Yoga Abs & Back

1. Objectives:

A. Student: (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

1. Students will be able to perform poses that concentrate on their abdominal and back.

Warm-up:

- a. Expansive Breathing (figure 1.1 & 1.2)
- b. Water Wheel (figure 2.1 & 2.2)
- c. Torso Twist (figure 3)
- d. Chopping Wood (Figure 4.1 & 4.2)

Sequences:

- a. Abdominal Lift Pose (figure 5)
- b. Crab Pose (figure 6)
- c. Cross Bow Pose (figure 7)
- d. Boat Pose (figure 8)

Cool-Down:

- a. Knee Hug (figure 9)
- b. Knee Down Twist (figure 10)

B. Teacher:

2 Equipment:

- 30 yoga mats
- 30 blankets or towels
- CD Player
- Soft music CD

Instant Activity: Welcome Class. Today lets starts class standing up. First we going to start with **expansive breathing** (Figure 1.1 & 1.2). This opens the chest, promoting a sense of wellness and fulfillment. So lets stand with your feet about shoulder-width apart. Hold your arms straight out of you with palms together at chest height. Make sure your shoulders are down and away from the ears. Open your mouth and inhale through your mouth as you fling your arms open and back, bending the wrists so your fingertips point away from you. Lift your chin slightly. Your eyes look upward. Exhale completely through the mouth as you begin to come forward, tucking your chin, and bending at the waist and knees. Hands maybe clasped together in front of your chest, or they may rest on your thighs. Let your head hang so that there is no pressure on your neck. Now we are going to repeat this cycle about 10 times at your pace. Now since we are done with expansive breathing let move into your 1st warm-up pose the **Water Wheel** (figure 2.1 & 2.2)- Stand with your feet about shoulder width apart with your knees slightly bent. Place your palms against your lower back, fingers pointing down. Relax your lower jaw as you open your mouth and arch backward, gently pressing your hands into your lower back for support. Gaze upward, keeping your neck in line with your spine to avoid putting any pressure on your neck. Exhale through the mouth and “spill” forward like a water wheel, bringing your chin toward your chest and letting your upper body hang and arms dangle. Keep your knees bent. Now lets repeat the movement about 6 times. The next pose is **torso twist** (figure 3) this is going to loosens up your arms, torso, spine, and waist. Still standing about shoulder-width apart. Your spine is comfortably extended, and your shoulders are away from your ears. Your arms hang loosely by your side. Begin turning your upper body, shoulder first, from one side to the other. Engage your abdominal muscles slightly. As you alternate, allow your arms to swing slowly as though they were leaving your coat sleeves. As you pick up the pace, allow the heel of your right foot to come off the floor when your body turns to the left. Your left heel rises when your body turns to the right. Repeat this side-to-side about 6 times. Your next warm-up pose is **chopping wood** (figure 4.1 & 4.2) we are still standing shoulder-width apart and you want to keep your knees slightly bent to avoid strain in the lower back. Now inhale through your mouth and raise your arms over your head as if you were holding a hatchet. Bend your knees. Exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. Inhale and raise your upper body. Continue this “chopping” movement 10 times. Increase the flow of energy by making each exhalation audible. As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs.

Set Induction: There are many different poses to yoga that concentrate on specific parts of your body. Today main concentrate is going to be your abdominal and back muscles. So your poses are going to deal with your abs and back.

MAF/Instructional Technique	Extensions	Refinements	Applications
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Informing Task: So let’s start out in mountain pose. Stand with your feet a little wider than hip-width apart. Your knees face outward and are slightly bent.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be at the top of there mats. 	<p>Abdominal Lift:</p>	<p>Abdominal Lift: this pose helps stimulates the abdominal and intestinal organs. (figure 5)</p> <ol style="list-style-type: none"> 1. Inhale deeply. Exhale all the air completely out of the lungs. 2. Lift the abdomen by pulling it in and up into the thoracic cavity, 	<p>Abdominal Lift:</p>
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<p>Crab pose:</p> <ul style="list-style-type: none"> • Student sit on the mats with legs extended out 	<p>Crab Pose:</p> <ul style="list-style-type: none"> • Breathe deeply, directing your breath to the solar plexus to increase your strength. 	<p>located at your solar plexus, between the navel and the breastbone.</p> <ol style="list-style-type: none"> 3. Keep the abdominal muscles contracted and holding the breath out, “pump” the abdomen in and out forcefully and rhythmically. Remember that no air should come in or out of your nose or mouth. Continue until you need to take an inhalation. <p>Crab Pose: strengthens the arms and wrists and firms and tones the hips, abdominal areas, and upper thighs. (figure 6)</p> <ol style="list-style-type: none"> 1. Sit with your legs extended straight in front of you. 2. Bend your knees with feet flat on the floor about hip-width apart. Place your hands slightly behind you, fingers turned out to either side. 3. Inhale and lift your hips, making a table of your body from your knees to your shoulders. 4. Exhale and let your head drop gently as your release you jaw. 5. To release, bring your head forward and tuck your chin. Lower your hips. 	<ul style="list-style-type: none"> • Repeat the cycle 3 times. <p>Crab Pose:</p> <ul style="list-style-type: none"> • Hold for 10 to 15 seconds. • Repeat about twice more.
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<p>Cross Bow Pose:</p> <ul style="list-style-type: none"> • Students on lying on their stomach. 	<p>Cross Bow Pose:</p> <ul style="list-style-type: none"> • Be gentle to avoid impinging your knee. 	<p>Cross bow pose: it massages the abdominal organs and improves digestion, stimulates the thyroid, open the chest, strengthens the back and upper arms and tones the thighs and buttocks. (figure 7.1 & 7.2)</p> <ol style="list-style-type: none"> 1. Lie on your stomach with your legs slightly apart. Turn your face to the right; left cheek rests on the back of your left hand. 2. Bend your left knee, bringing your foot towards the buttocks. Reach back and across with your right hand, grasping your ankle or the front of your left foot. 3. your left heel goes in the direction of your right buttocks. Lift your left knee an inch for the floor. 4. Lower your left knee. Rest. 5. Raise your left knee and foot as high as you can, pressing your foot into your hand. 6. Release. Reverse the pose. 7. relax in child pose 	<p>Cross Bow Pose:</p> <ul style="list-style-type: none"> • Hold for a few breaths. • Hold the pose, breathing deeply for 20 to 30 seconds. • Repeat once more on each side.
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<p>Boat Pose:</p> <ul style="list-style-type: none"> • Students on sitting on their mats. 	<p>Bow Pose:</p> <ul style="list-style-type: none"> • Grasp leg one at a time if easier or loop a strap around your ankles. 	<p>Bow Pose: it strengthens the back and arms and tines the thighs and buttocks. (figure 8.1 & 8.2)</p> <ol style="list-style-type: none"> 1. Lie on your stomach with your chin resting on the floor and legs slightly apart. 2. Bend both knees; bring your heels toward the buttocks. 3. reach back with your hands and grasp your ankles or loop a strap 4. Exhale and press your pubic bone down by engaging the abdominal muscles. 5. Inhale and slowly raise your head, feet, knees, and thighs. Thighs remain parallel and knees are kept hip distance apart. Feel the shoulder blades squeezing together. 6. Gently rock back and forth without pulling or straining. Breathe. 7. Exhale; release your hands. Slowly lower and straighten your legs. 8. relax in child pose and then repeat <p>Boat pose: works “power center” the abdominal area, which is so important to maintaining a strong back.</p>	<p>Bow Pose:</p> <ul style="list-style-type: none"> • Hold for 10 to 15 seconds • Repeat Bow about 3 times. <p>Boat Pose:</p>
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	<ul style="list-style-type: none"> • If this is too strenuous initially, keep your knees bent. • If your back begins to round, bend your legs slightly. 	<p>(figure 9)</p> <ol style="list-style-type: none"> 1. Sit on the floor with your spine erect. Knees are bent, feet are flat on the floor. 2. Bring your arms to the outer of your legs and grasp the backs of your thighs with your hands. 3. Inhale and lean backward, balancing on your sitting bones. The tips of your toes remain on the floor. 4. Your pelvis is in a neutral position (not tipped forward or backward). Exhale as you draw your navel in. Make sure your spine remains elongated. 5. Inhale and lift your toes off the floor and straighten your legs. 6. When you feel balanced, release your hands from your thighs and straighten your arms alongside your legs, palms facing in. 7. Gaze toward your knees. Breathe 	<ul style="list-style-type: none"> • Hold for 8 to 10 seconds. Then repeats pose over again about 5 more times.
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Informing Task: Okay now class lets begin your cool-down. Lying on your back with your head resting comfortably on the floor Make sure your chin is not higher than your forehead.

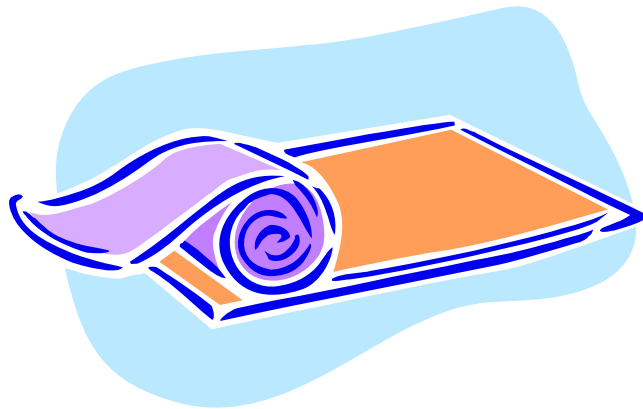
<p>Knee Hug Pose:</p> <ul style="list-style-type: none"> • Students are lying on their backs 	<p>Knee Hug Pose:</p> <ul style="list-style-type: none"> • If you feel any strain in your neck, place a folded blanket under your head. • For a variation, unfold your arms and place your hands on your knees. Part your knees slightly and make slow circles with them, messaging your hips and sacrum. <p>Knee Down Twist:</p> <ul style="list-style-type: none"> • If you feel any strain in your neck, place a folded blanket under your head. 	<p>Knee Hug Pose: this pose stretches the lower back muscles while messaging the entire back and the lower abdominal organs. (figure 10)</p> <ol style="list-style-type: none"> 1. Bend both knees and bring them to your chest. 2. Wrap your arm around both shins, grasping your forearms or wrist. Lightly squeeze your legs. 3. Gently roll from side to side, messaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 4. Allow your movement to be slow and gentle. Your head stays on the floor at all times. <p>Knee Down Twist:</p> <ol style="list-style-type: none"> 1. Lie on your back with legs extended and about hip-distance apart. Make sure your chin is not higher than your forehead. (figure 11) 2. Extend your arms out to each side in a “T” position palms turned up. 3. bend your left knee. Place the left foot lightly on the right thigh wherever it is comfortable. 4. Try to keep your left shoulder on the floor. 	<p>Knee Hug Pose:</p> <ul style="list-style-type: none"> • Do this pose for about a minute or two <p>Knee Down Twist:</p>
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	<p>Corpse Pose:</p> <ul style="list-style-type: none"> If you feel any discomfort in the small of your back, place a rolled blanket under your knees 	<p>Inhale.</p> <ol style="list-style-type: none"> On exhalation, begin to lower your left knee to the right so that it crosses over your body. To assist in lowering knee to the floor, place your right hand on your left knee and use it to gently and gradually guide your knee to the right. If your neck permits it, slowly turn your head to the left without any strain. Inhale and return your left leg to the center. Feel the results. Straighten the leg and complete the posture on the other side. Compare your right and left hips and notice the differences. <p>Corpse Pose: this is resting pose allows your body and mind to absorb the benefits of the previous poses. (Figure 12)</p> <ol style="list-style-type: none"> Lie flat on your back. Your arms are by your sides, palms up. Keep your legs about a foot apart. Close your eyes Breathe deeply Relax 	<ul style="list-style-type: none"> Breathe deeply as you hold twist for 15 to 30 seconds. Repeat a few times on each side. <p>Corpse Pose:</p> <ul style="list-style-type: none"> Remain in this pose for about 5 minutes.
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Closure: Great Job everyone. I hope everyone is feeling relax and refresh for today after your session. Please remember to write in your journal about today. The poses you perform today, this will help you for when you teach your lesson to the class.

Lesson#9

Picture Pose



Warm-up Poses



Figure 1.1
Expansive
Breathing



Figure 2.1
Water Wheel



Figure 1.2
Expansive
Breathing



Figure 2.2
Water Wheel

Warm-up Poses



Figure 3 Torso Twist



Figure 4.1
Chopping Wood



Figure 4.2
Chopping Wood

Sequence Poses



Figure 5
Abdominal Lift



Figure 7.1 Cross Bow



Figure 6 Boat



Figure 7.2 Cross Bow

Sequence Poses



Figure 8.1 Bow



Figure 8.2 Bow

Figure 9 Boat



Cool-Down Poses

Figure 12 Corpse Pose



Figure 10 Knee Hug



Figure 11 Knee Down Twist

**Central Washington University
Yoga Unit
Lesson #10
Partner-Sharing Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Warm-Up:

- a. Namaste (figure 1)
- b. Back-To-Back Side Stretch (figure 2)
- c. Suspension Bridge (figure 3)
- d. Lean Back (figure 4)

Sequence:

- a. Squat (figure 5)
- b. Warrior Pose (figure 6)
- c. Hero Pose (figure 7)
- d. Side Stretch (figure 8)
- e. Tree Pose (figure 9)
- f. Cobra Pose (figure 10)

Cool-Down:

- e. Child Pose (figure 11)
- f. Seated Back-To-Back (figure 12)
- g. Back-To-Back Twist (figure 13)
- h. Side Stretch (figure 14)
- i. Facing Twist (figure 15)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music CD (ex: rainforest sounds)
- Microphone Headset

Instant Activity: (See Warm Up figures 1-4 at end of lesson) Today we will be doing Partner Yoga. When I say, “Go” I would like you guys to get a partner and stand in Mountain Pose facing each other. We will begin in Namaste, this is a traditional greeting meaning “the divinity within me greets the divinity within you”. Namaste: 1) Stand facing your partner with hands in prayer position at your heart center. 2) Look into each other’s eyes and make a connection, silently dedicating this practice to the highest benefit of all. Back-To-Back Side Stretch: 1) Standing back-to-back either hold hands or entwine hands around each other’s wrists. Try to synchronize your breath. 2) Breath in. Stretch up one pair of arms and on an out breath; continue moving over to the side keeping the up stretched arms overhead. Keep hips level and upper shoulders back. 3) Hold for a breath or two. Return upright on an in breath, lowering arms to sides on an out breath. When ready, repeat on the other side. 4) If you prefer, you could start up a swaying movement, slowly and smoothly taking arms up, over to one side, back upright and down to straight position, alternating sides. Suspension Bridge: 1) Facing each other take hold of your partner’s wrists in a monkey grip. 2) Step back until you can fold forward, hinging from your hips and bringing your backs parallel to the floor, a right angle at your hips and your arms straight. Stretch back into your tailbone breathing evenly, keeping your head in line with your spine. Your partner’s weight assists your stretch. 3) Broaden across your shoulders opening your chest towards the floor. Try not to hunch your shoulders around your ears. Take time to relax into the stretch. 4) To come out, bend knees slightly and walk towards each other as you come upright. Lean Back: 1) Still facing each other with a monkey grip around each other’s wrists come close enough so that your toes are touching. (You may have to adjust this distance according to the length of your arms.) Slowly lean back, straightening into your arms, keeping your bodies straight, shoulders low and tucking your buttocks under. 2) Take time to trust your partner’s weight supporting you as you lean back. If, and when, you feel comfortable with your partner’s support you could tuck your buttocks in further and arch your back into a backbend. 3) When ready to return, bend your arms bringing elbows back to your body enabling your partner to return upright.

Set Induction: How many of you enjoy working out with a partner? Today, we will be doing partner yoga poses that you can use with any partner of your choice at any time.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, “Go”, please join me facing your partner and wait for further instruction. “Go”.			
<ul style="list-style-type: none"> • 30 mats lined up facing each other. • Students are standing, facing a partner, waiting for further instruction. 		Squat: (figure #5) <ol style="list-style-type: none"> 1. We will begin facing our partners. We will be holding wrists in a monkey grip, step an arms length back. 2. Position feet hip width apart and parallel. Bend knees; connect with the strength in your thighs and the support of your partner’s weight. 3. Slowly lower your 	

		<p>buttocks to go down into a squat. With the counter-balance of your partner you should be able to keep your heels down, your back straight and shoulders low and away from your ears.</p> <p>4. When ready to come up, lean against your partner's weight as well as using the strength of your thighs.</p>	
<ul style="list-style-type: none"> • 30 mats lined up facing each other. • Students are standing, facing the opposite direction of their partner, waiting for further instruction. 		<p>Warrior Pose: (figure #6)</p> <ol style="list-style-type: none"> 1. Face in the opposite direction to your partner and bring the outer edges of your closest feet together. Take hold of your partner's wrist closest to you. 2. Step each of your outer legs into a lunge, making sure that your knee is aligned directly over your ankle and in line with your toes. 3. Keep bodies in line with your legs and extend your outer arms forward at shoulder height. Your partner's weight assists you in staying upright and strong in pose, making you more aware of the strength in your back leg. 4. To come out, straighten 	

		your bent leg, lower arms, turn to the center and walk your feet together. Repeat the pose on the other side.	
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<ul style="list-style-type: none">• 30 mats lined up facing each other.• Students are standing, facing a partner, waiting for further instruction.		<p>Hero Pose: (figure #7)</p> <ol style="list-style-type: none">1. Stand facing each other, step your right foot forward and connect the inner edge of your foot with that of your partner. Step back with your left foot and go into a lunge with your right leg.2. Keep your hips facing forward and your back leg straight and strong. Don't roll on to the instep of your back foot. If there is any strain to your knee or foot, raise your heel off the floor. Shorten the distance between your feet if you can't keep your back leg strong.3. Raise arms forward to chest height and press palms against your partner's palms. Try to keep your arms straight and shoulders low. This brings awareness to your upper body, opens your chest and strengthens your upper back. It also helps to balance and stabilize your legs and hips.	
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<ul style="list-style-type: none"> • 30 mats lined facing each other. • Students are standing side-by-side, waiting for further instruction. 		<p>Side Stretch: (figure #8)</p> <ol style="list-style-type: none"> 1. Stand side-by-side about half a meter apart. Hold hands. Breathe in. stretch your outer arms overhead. Breathe out. Stretch sideways towards each other, bringing your upper hands/fingers to touch. 2. Keep your hips facing forward and upper shoulders back. Hold briefly breathing evenly. 3. Return arms upright on an in breath, lowering arms to sides on an out breath. Change sides and repeat. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Tree Pose: (figure #9)</p> <ol style="list-style-type: none"> 1. Stand closely, side-by-side. Slowly raise your outer foot, using a hand to help if needed. Place your foot against your standing leg. 2. Raise your inner arm up overhead and hold your partner's hand. 3. Raise your outer hand and join with your partner's at heart level in prayer position. After a few breaths, release and change sides. 	

<ul style="list-style-type: none"> • 30 mats lined up facing each other. • Student A is lying on the ground face down. Student B is standing over them. Both are waiting for further instruction. 	<p>Note: Important for B to bend their knees and use the strength of their thighs (not the back) for lifting.</p>	<p>Cobra Pose: (figure #10)</p> <ol style="list-style-type: none"> 1. A: Lies face down on the floor arms alongside their body. B: Stands over A, feet each side of A's thighs. 2. Grip each other's wrists. On an exhalation from A, B slowly and smoothly lifts A's upper body from the floor. A uses no effort and indicates when they'd like to be lowered back to the floor. 	
<p>Informing Task: We are now going to run through the same poses so that the other partner can participate in Cobra Pose. When I say, "Go", we will begin the sequence again. "Go".</p> <ol style="list-style-type: none"> 1. Squat 2. Warrior Pose 3. Hero Pose 4. Side Stretch 5. Tree Pose 6. Cobra Pose 			
<p>Informing Task: Now we will begin our cool down. When I say "Go", Please join me kneeling and wait for further instructions. "GO".</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students will be standing in kneeling, waiting for further instruction. 		<p>Child Pose: (figure #11)</p> <ol style="list-style-type: none"> 1. B kneels alongside A and places one hand on their lower back, the other on their upper back. 2. With gentle pressure imagine you are lengthening A's back, 	<p>Repeat 3 times and then change roles, allowing the other partner to perform the pose 3 times.</p>

		<p>lower hand moving towards their tailbone and the upper hand towards their head. You don't have to be heavy-handed to give A's back a nice release and stretch.</p>	
<ul style="list-style-type: none"> • 30 mats lined facing each other. • Students are sitting back to back waiting for further instruction. 		<p>Seated Back-to-Back: (figure #12)</p> <ol style="list-style-type: none"> 1. Either cross-legged or with legs stretched straight in front, lean straight backs against each other. 2. Take a couple of minutes to be aware of your breathing, remember to keep it at a slow rhythm. Then bring your awareness to your partner's breath. Maybe your breathing will synchronize, flowing in unison. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Back-To-Back Twist: (figure #13)</p> <ol style="list-style-type: none"> 1. Cross legs, take your right hand to your own left knee and your left hand to your partner's right knee. 2. Keep backs connected, twist gently and look over your left shoulder. 	

		Hold for a few breaths. Release slowly back to centre and repeat to the opposite side.	
<ul style="list-style-type: none"> • Same as above. 		<p>Side Stretch: (figure #14)</p> <ol style="list-style-type: none"> 1. Place hands together at each side. On an in breath stretch up one pair of arms. On an out breath stretch over to the opposite side. Hands on the floor provide support. 2. Keep both pairs of buttocks on the floor and backs connected. 3. Return arms upright breathing in, and back to the floor breathing out. Repeat on the other side. 	
<ul style="list-style-type: none"> • 30 mats lined up facing each other. • Students are sitting cross-legged, facing each other; waiting for further instruction. 	<p>Modification: If you don't feel the stretch you could increase the distance between you and your partner's knees but proceed slowly.</p>	<p>Facing Twist: (figure #15)</p> <ol style="list-style-type: none"> 1. Turn to face each other, legs crossed and knees touching. Each person wraps your left arm behind your waist. 2. Reach forward with your right hand and take hold of your partner's left hand. Twist gently to the left and look over your left shoulder. 3. Keep buttocks firmly on the floor. Release slowly and repeat to the opposite side. 4. As in the beginning, 	

		bring hands into prayer position; look into each other's eyes.	
Informing Task: Bow slightly and thank each other for Partner Yoga.			
Closure: Nice Job today. Don't forget to write in your journals. Have a great day, I will see you next class.			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14

**Yoga Unit
Lesson #11
Beginning Yoga Pilates**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic Pilates exercises.

Warm-up:

- a. Pelvic Tilt (figure 1.1, & 1.2)
- b. Pelvic Curl (figure 1.1, 1.2 & 2)
- c. Knees side-to-side (figure 3.1 & 3.2)

Sequences:

- a. Hundreds Prep (figure 4.1 & 4.2)
- b. Hundreds (figure 5.1 & 5.2)
- c. Spinal Twist (figure 6.1 & 6.2)
- d. 4-point Kneeling Swimming (figure 7.1, 7.2, & 7.3)
- e. Caterpillar (figure 8.1, 8.2, 8.3, & 8.4)

Cool-Down:

- a. Spine Stretch (figure 9.1, 9.2, & 9.3)
- b. Mermaid (figure 11.1 & 11.2)
- c. Adductor Stretch and Frog (figure 12.1 & 12.2)

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music
- 30 chairs

Instant Activity: Lets start in the by doing some breathing exercises. First let's start by laying on your back, with your knees bent, your heels opposite of your sitting bones, and your hands resting on your lower abdomen (Preparatory Position). Inhale for length of 4-5 counts, expanding through the side and back of your ribcage. The abdominals should remain controlled, drawing inward gently. The upper chest and neck should also remain fairly relaxed. Exhale for the length of 4-5 counts, allowing your chest and ribs to fall while emphasizing the drawing of lower abdominals. Use your pelvic floor muscles to create a deeper sensation of pelvic stability and control. (Note: Don't allow the abdomen to rise during inhalation. The hands should feel the gentle pressure of your ribs expanding sideways and slightly backwards.) Now we are going to do **Pelvic Tilt** (figure 1.1 & 1.2): lets begin in the preparatory position, with your arms relaxed. Inhale laterally and begin scooping your abdominals. Exhale, drawing your lower abdominals inward to initiate a pelvic tilt backward, stretching your lower back. Make sure that your buttocks are relaxed and your feet are firmly planted on the floor. Inhale to roll your pelvic back to Neutral, and relax hips completely. Repeat 4-5 times. **Pelvic Curl** (figure 1.1, 1.2, &2): Begin as for the pelvic tilt. Exhale, scooping your lower abdominals to initiate a pelvic tilt backward, and roll your spine off the floor, aiming to articulate each segment. Use the muscles beneath your buttocks to lift your pelvic to eliminate any possibility of back strain. Inhale laterally, maintaining this position. Keep your feet firmly on the floor, your thighs parallel and your neck and shoulders relaxed. Exhale, rolling the spine down to the floor with control. Maintaining leg alignment and imagine lengthening the spine as it rolls. Inhale as you relax your hips completely. Repeat 5-6 times. **Knees side-to-side** (figure 3.1 & 3.2) Part your feet until they are slightly wider than your pelvis, and prepare your abdominals. Inhale as you allow your thighs to gently fall to one side, causing the pelvis to roll sideways. Keep your shoulder blades on the floor. Emphasize your abdominals, exhaling as roll the pelvic back to Neutral, with your legs following. Repeat 6-10 times in all alternating sides.

Set Induction: How many of you would like to try Pilates and see the difference from yoga and Pilates. Well today we are going to work on Pilates.

MAF	Extensions	Refinements	Applications
<p>Informing Task: Today we are going to be doing Pilates exercises, which is different from your basic yoga lesson. However I decide to change it up a bit, so you could also learn some Pilates. So start on your backs with abdominal warm-up.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students standing with feet at least 3 feet apart. 	<p>Hundreds Prep:</p> <ul style="list-style-type: none"> • If your abdominals are weak, or you experience back pain, rest your feet on a chair while curling up and down. Alternatively, your physician may recommend that you do not execute any 	<p>Hundreds Prep: (Figure 4.1 & 4.2)</p> <ol style="list-style-type: none"> 1. Begin with your knees directly over your hips, with shins parallel to the floor. (We will refer to this position of the legs as "Tabletop Position") Hands are on your knees, abdominals are 	<p>Hundreds Prep:</p>

	<p>exercises where both legs are in the air.</p> <ul style="list-style-type: none"> • Progression: Once you are achieving a curl and maintaining absolute pelvic stability and flat abdominals, try extending your legs upward as you curl and reach both arms down by your sides. Bend your knees fractionally before lowering the head and shoulders to protect your back from arching off the floor. 	<p>drawing in and shoulders are drawing down. Then, inhale to prepare.</p> <ol style="list-style-type: none"> 2. Exhale to emphasize abdominal scooping as the head and shoulders lift, reaching the arms down past your hips. Do not lose control of the Neutral Pelvis Position, or allow your stomach to pop up. 3. Inhale laterally, as you lower your head and shoulders while maintaining abdominal control. Bring your hands back to your knees. 	<ul style="list-style-type: none"> • Repeat 5-6 times
<ul style="list-style-type: none"> • Same as above. 	<p>Hundreds:</p> <ul style="list-style-type: none"> • If this is too difficulty, rest your heels on the 	<p>Hundreds: (figure 5.1 & 5.2)</p> <ol style="list-style-type: none"> 1. Begin as did for the breathing exercise. There a few progressions from the basic breathing to challenge your abdominal and breath control. 2. If you can maintain correct abdominal flattening and have no 	<p>Hundreds:</p> <ul style="list-style-type: none"> • Repeat the breathing 4-5

	<p>a chair to help support the weight of you legs.</p> <ul style="list-style-type: none"> • Progression: As you gain strength, extend your legs toward the ceiling and slightly away from you. Remember to keep scooping your abdominals and maintain a stable Neutral Pelvis Position. Don't progress yourself to the extended leg position until you are ready. <p>Spine Twist:</p> <ul style="list-style-type: none"> • Can sit cross-legged 	<p>back pain, raise your legs to Tabletop Position.</p> <ol style="list-style-type: none"> 3. Maintaining the legs at Tabletop, lift your head and shoulders and reach both arms down by your hips. Continue the same breathing pattern and use small arm movement (pulsing up and down) to maintain a rhythm for your breath and counting. Build up to 10 full breaths in this manner, as you develop greater abdominal stamina and control. <p>Spine Twist: (figure 6.1 & 6.2)</p> <ol style="list-style-type: none"> 1. Sit tall, with both legs extended out in front of your body. 2. Extend your arms sideways at shoulders height, palms turned backward and shoulders drawing down. Anchor your hips to the floor, and your legs straight in front, bring your knees and ankles firmly together. This will help maintain your sense of pelvic stability. 3. Inhale to 'grow' 	<p>counts in and 4-5 counts out.</p> <p>Spine Twist:</p>
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	<p>4 Point Kneeling Swimming:</p> <ul style="list-style-type: none"> • Having to support some of your body weight with your arms and shoulders forces you to think about the position of your shoulder blades and upper sections of your spine. Try 	<p>tall, abdominals drawing in and upward, shoulders down.</p> <ol style="list-style-type: none"> 4. Exhale as you twist from the waist with a double pulse action. Ensure that your hips don't rotate or lift, and that your shoulders don't rise or drop on one side! Imagine spiraling the spine upwards. 5. Inhale as you return to the centre, maintaining a tall seated position. Remember to breathe laterally and to keep drawing your abdominals in and upward. <p>4 Point Kneeling Swimming: (figure 7.1, 7.2, & 7.3)</p> <ol style="list-style-type: none"> 1. Start kneeling on your hands and knees, with your knees under your hips joints and hands under your shoulder joints. Your spine and head should be in neutral alignment. 	<ul style="list-style-type: none"> • Repeat 8-10 times alternating sides. <p>4 Point Kneeling Swimming:</p>
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to develop the muscles around your shoulder blades for upper trunk strength and continue to reinforce the abdominal and hip muscles for greater pelvic and lower back stability. Keep your head lifted slightly and your chin gently tucked.

Caterpillar:

Engage the deep abdominal and pelvic floor muscles and stabilize your shoulder blades.

2. As you breathe in slide your opposite hand and foot along the floor and lift them slightly. Try to keep your body still and stable.
3. Exhale, drawing them back to the 4-point position.

Caterpillar: (figure 8.1, 8.2, 8.3, & 8.4)

1. Kneeling on your hands and knees. Previously in the start of 4-point kneeling swimming. Inhale.
2. As you exhale, draw your abdominal muscles up and tuck your tail under, curving your lower back. Continue to gradually curl your spine into a round shape allowing your head to drop down at the last.
3. Inhale, expanding your ribs.
4. Exhale, lift your tail bone skyward slightly to allow your lower back to flatten and gradually

- Repeat with the opposite sides, and continue alternating for 8-10 repetitions.

Caterpillar:

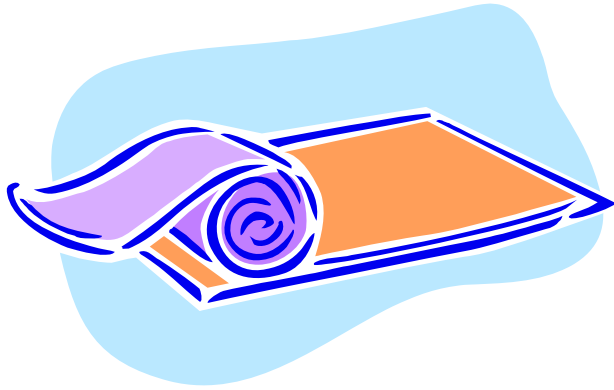
		<p>undulate the spine through to a neutral and mildly extended position, ending with drawing your shoulders down and looking up slightly. Keep your stomach and pelvic floor muscles lifted.</p> <p>5. Inhale</p>	<ul style="list-style-type: none"> Repeat 3-4 times in full.
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Informing Task: Okay now lets begin our cool-down.

<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students are sitting on their mats 	<p>Spine Stretch:</p> <ul style="list-style-type: none"> Bend your knees if you need to in order to achieve an ideal straight back and posture. Modification: this is quite an extreme stretch for some people. For stability it may be more suitable to sit in a chair. 	<p>Spine Stretch: (figure 9.1, 9.2 & 9.3)</p> <ol style="list-style-type: none"> Start sitting up straight with your legs stretched out in front of you, just wider than your hips. Lift your abdominal muscles and drop your shoulders. Inhale. Exhale, nodding your chin down and slowly rolling your spine down toward the floor in front of you. Try to articulate through each level of your spine to encourage better joint movement throughout. Round 'forward' as far as you can comfortable without slouching back into your pelvis or rolling too far forward off your sitting bones. Breathe in. Relax your 	<p>Spine Stretch:</p>
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	<p>Mermaid:</p> <ul style="list-style-type: none"> You may need something higher to lean on if it is difficult to stretch this far. Be cautious of this stretch if you have lower back pain. 	<p>shoulders and expand through the back of your ribcage to breathe. Keep the pelvic floor and abdominals lifted.</p> <p>4. As you exhale, emphasize your abdominals lifting up away from the floor and begin rolling your lower back up to neutral. Gradually rebuild your spine to an upright position, relaxing your shoulders as you sit up completely.</p> <p>Mermaid: (figure 10.1 & 10.2)</p> <ol style="list-style-type: none"> Sitting cross-legged on the floor lengthen your spine and raise one arm, leaving your other hand near the floor close to your knee. Carefully bend sideways towards the low arm for a side stretch on the opposite side. Use your abdominal muscles and allow your head and neck to relax as you lean on your bottom arm. Breathe, and when returning to a straight 	<ul style="list-style-type: none"> Repeat 3-5 times, with an option of remaining in the stretch forwards position for 2 or 3 full breaths before rolling up. Flexing the ankles at the bottom of the movement will intensify the stretch. <p>Mermaid:</p> <ul style="list-style-type: none"> Repeat 1-3 times each side. You may alternate.
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	<p>Adductor Stretch and Frog:</p>	<p>spine, engage the abdominals and slowly return as you exhale.</p> <p>Adductor Stretch and Frog: (figure 11.1 & 11.2)</p> <ol style="list-style-type: none"> 1. Sit on the floor and extend one leg out to the side, as far as you can keeping both hip bones square to the front. Keep your other leg bent in front of you. Lean forward carefully and take your body weight onto your arms if you can. Ensure the knee of your outstretched leg points up to the ceiling. Breathe. 2. Still sitting, bring the soles of your feet together and allow your knees to open out to the sides. Depending on your hip range you may feel this stretch in the inner or outer hip/thigh. Breathe. 	<p>Adductor Stretch and Frog:</p> <ul style="list-style-type: none"> • Repeat on other leg
<p>Closure: Nice Job today class I hope you all enjoy doing Pilates today. Please remember to write in your journals and kept in mind some of the poses we did today for when you write your own lesson and teach it to the class.</p>			



Lesson #11

Picture Poses



Warm-up Poses

Figure 1.1 Pelvic Tilt



Figure 2
Pelvic Curl



Figure 1.2 Pelvic Tilt



Figure 3.1 Knees
Side-to-Side



Figure 3.1 Knees
Side-to-Side

Sequence Poses

Figure 4.1 Hundreds Prep



Figure 5.1 Hundreds



Figure 4.2 Hundreds Prep



Figure 5.2 Hundreds

Figure 6.1 Spinal Twist



Figure 6.2 Spinal Twist



Figure 7.1
4-point Kneeling Swimming



Figure 7.2
4-point Kneeling Swimming



Figure 7.3
4-point Kneeling Swimming

Figure 8.1 Caterpillar



Figure 8.3 Caterpillar



Figure 8.2 Caterpillar



Figure 8.4 Caterpillar

Cool-Down Poses

Figure Spine Stretch 9.1



Figure 9.3 Spine Stretch



Figure 9.2 Spine Stretch



Figure 10.1 Mermaid



Figure 10.2 Mermaid



Figure 11.1 Adductor stretch
& Frog



Figure 11.2 Adductor stretch
& Frog

**Central Washington University
Yoga Unit
Lesson #12
Beginning Yoga Arms & Shoulders**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate yoga poses that target their arms and shoulders

Warm Up Poses:

- a. Chopping Wood (figure 1)
- b. Shoulder Shrugs (figure 2)
- c. Threading the Needle (figure 3)
- d. Cat & Dog Stretch (figure 4)
- e. Full Body Stretch (figure 5)

Sequence Poses:

- a. Half Moon (figure 6)
- b. Triangle (figure 7)
- c. Archer's Pose (figure 8)
- d. Balancing Stick (figure 9)
- e. Eagle (figure 10)
- f. Yoga Mudra (figure 11)
- g. Downward Facing Dog (figure 12)
- h. Modified Head of Cow (figure 13)

Cool Down Poses:

- a. Neck Rolls (figure 14)
- b. Knee Hug (figure 15)
- c. Alternating Knee Hug (figure 16)
- d. Reclining Spinal Twist (figure 17)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD Player
- Soft Music CD (ex: rainforest sounds)
- Headset Microphone

Instant Activity: (See Warm Up figures 1-5 at end of lesson) Today we will be focusing on our arms and shoulders, so we are going to focus on them in our warm up today. We will begin with Chopping Wood: 1) Stand with legs about shoulder-width apart. Keep your knees slightly bent to avoid strain in the lower back. 2) Inhale through your mouth and raise your arms over your head as if you were holding a hatchet. 3) Bend your knees. Exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. 4) Inhale and raise your upper body. Continue this “chopping” movement 12 times. Increase the flow of energy by making each exhalation audible. As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs. 5) Return to a standing position and lower your arms. Feel the energy course through your body. Shoulder Shrugs: 1) Sit in a comfortable position. Bring both shoulders up toward the ears as high as you can. Exaggerate the shrug and accentuate the holding. Release, letting shoulders drop back and down. Repeat a few times. 2) Bend both elbows and lightly place your fingertips on top of your shoulders. Rotate your elbows as though you were drawing small circles on the walls. Circle 5 times in one direction; reverse direction and circle 5 more times. Drop your arms. As you breathe deeply, focus on how relaxed your neck and shoulders feel. 3) Once again, bend both elbows and lightly place your hands on your shoulders. Inhale and exhale while, slowly and with control, turn your upper torso and head to the right. Hold for a few seconds. Inhale and return to center. Exhale and slowly turn your upper torso and head to the left. Hold for a few seconds. Inhale and return to center. Repeat 8 to 10 times on each side. Without straining or forcing, engage the abdominal muscles slightly and try to turn a bit further each time. Threading the Needle: 1) Begin in cat pose, with arms under shoulders and knees under hips. Imagine that your right hand holds a needle and long thread. Inhale and lift your right arm out to the side and then up toward the ceiling; if your neck permits, allow your gaze to follow your hand. 2) Exhale and thread the imaginary needle through the space under your left arm. Allow your right shoulder, upper arm, and side of the face to “melt” into the floor. Remain in this position for several seconds. Let your breath help you soften further into pose. 3) For an added stretch, raise your left arm toward the ceiling. If your neck feels okay, look up at your raised hand. Make small, slow clockwise circles, gradually increasing in size, then reverse direction. Slowly return to “cat pose” and repeat on other side. Cat & Dog Stretch: 1) Kneel in “cat pose” with knees under hips and arms beneath the shoulders. Your back is flat, and your head faces downward to create an extension in the back of the neck. 2) Exhale and slowly drop your head and tailbone. Arch your back and exhale further as you pull your navel up toward your spine. Imagine you are a hissing cat. 3) Inhale and slowly raise your head and tailbone, letting your abdomen move toward the floor. Your back is now curved in a subtle swayback position. Look up slightly without overextending the neck. Imagine you are a friendly dog. Continue alternating, moving slowly between cat and dog 10 times. As your spine warms up, deepen your inhalations and exhalations. Full Body Stretch: 1) Lie on your back. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 2) On an inhalation, bring your arms up over your head and onto the floor so that the backs of your hands rest on the mat or towel. Be careful not to overstretch your shoulder joints. 3) Exhale and stretch your arms and legs in opposite directions. Open your hands so the fingers are splayed; point your toes. Open your mouth and your eyes wide. Really Stretch. Continue to breath, stretching further with each exhalation. Exhale deeply, return arms to your sides, and relax entire body.

Set Induction: How many of you life weights to tone your arms and shoulders? How many of you have the weights at home to do this? Today, I am going to show you poses that will help tone both your arms and your shoulders.

MAF	Extensions	Refinements	Applications
<p>Informing Task: Today we will begin our sequence with Half Moon. When I say “Go”, please join me in Mountain Pose and wait for further instruction. “Go”.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are standing in Mountain Pose waiting for further instruction. 		<p>Half Moon: (figure #6)</p> <ol style="list-style-type: none"> 1. Stand with your feet parallel and close together. Raise both arms overhead, palms facing each other. If it feels comfortable, cross your thumbs. 2. Tighten your thigh muscles to feel a lifting of the kneecaps. Create an extension in your spine and slowly and gently bend out of the waist to the left. 3. Angle your upper body slightly to the left and look down at your left foot. Make sure there is no strain in your neck. Hold for a few breaths. 4. Return your upper body to the center. If your shoulders have inched up, drop them down away from the ears. Repeat on the right side. Don't strain. Hold for several breaths. Return to center. Relax your arms. Repeat once more on both sides. <p>Triangle: (figure #7)</p> <ol style="list-style-type: none"> 1. Stand with your feet separated about 3 feet 	

		<p>apart or the length of one leg. Turn your right foot out 90 degrees; turn your left foot in toward the right.</p> <ol style="list-style-type: none">2. As you inhale, stretch your arms out from your shoulders so they form a T. Exhale and bend slowly to the right.3. Lower your right arm to your right shin and extend your left arm up toward the ceiling. Make sure your shoulders are in alignment, as though stacked over your right knee. Maintain an extension of the spine.4. Look up at your thumb if you can without straining. Breathe in and out slowly. As the left side of your body relaxes and opens up, slide your right hand further down your leg. To make sure your upper body stays in proper alignment, imagine you are sliding between two pieces of glass. Hold for several breaths.5. Feel your endurance grow. Envision yourself as a strong, stable,	
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immobile triangle. To release, 'pinwheel' your arms back up to a standing position. Rest and then reverse the pose.

Archer's Pose: (figure #8)

1. Stand with your spine erect and your feet about 3 feet apart. Your shoulders are down and away from your ears. Turn your right foot out 90 degrees; turn your left foot in about 30 degrees.
2. Keep your hips and shoulders facing forward. Bend your right knee so that it is directly over the ankle.
3. Make fists and bring them to your upper chest. Straighten your right arm and look in that direction. Imagine there is a large bow in your right hand; with your left hand, pull back on the string. Make sure left shoulder does not round forward.
4. Bend your right knee a little more and sink down, keeping your gaze fixed on the target. Keep your right knee positioned over

the right ankle. With practice, you may be able to lower your hips so that your right thigh is parallel to the floor.

5. Breathe slowly and deeply into the center of your chest. Engage your abdominal muscles and pull back more with your left hand. Make sure your shoulders remain down and away from your ears. Hold for a minute. Lower your arms and straighten your legs. Reverse direction and repeat on the other side.

Balancing Stick: (figure #8)

1. Stand with your feet together. Raise your arms over your head, palms together, if it feels comfortable, cross your thumbs.
2. Inhale and step forward about a foot with your left leg. Point your right toe and rest it lightly on the floor behind you. Your heel is lifted.
3. Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hip

as your right leg lifts up straight behind you and your outstretched arms lower down in front of you. Your hips should be level. Viewed from the side, your body forms a T.

4. If balance is a challenge, let your fingers rest lightly on a high-backed chair or shelf. Breathe normally and hold for 10 seconds.
5. Lower your right leg and raise your arms, returning to start position. Check to make sure your shoulders are down away from the ears. Repeat on the other side. Do the pose once more on each side.

Eagle: (figure #9)

1. Stand with your feet together and your back straight and spine elongated. Stretch your arms out to both sides.
2. Bring your left arm under the right, crossing both arms at the elbow. Place your hands together, palms facing each other. Pull your upper arms to your

chest and bring your chest and bring your hands toward your face; if possible, allow your fingers to touch your nose and place your thumbs under your chin.

3. Bend both knees slightly. To assist with balance, gaze at a spot in front of you and breathe deeply. Slowly cross your left leg over your right thigh. If you can, wrap your left foot around the right ankle or calf.
 4. Bend your right leg a little further. Your spine remains straight, and your hips are forward. Breathe deeply and hold for 10 to 15 seconds. If your balance falters, try to concentrate on your breathing and focus on the spot in front of you.
 5. Release your arms first and then uncross and straighten your legs. Repeat once more.
- Yoga Mudra: (figure #10)
1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you, interlacing

		<p>the fingers. Bend your knees, tuck your chin toward your chest, and lower into a forward bend.</p> <ol style="list-style-type: none"> 2. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. Breathe slowly and rhythmically as you hold the pose for 6 counts. 3. On an inhalation begin to raise your upper body keeping your knees bent. Slowly raise your chin. Your head comes up last. 4. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. Feel the release of tension in your neck, shoulders, and back. <p>Downward Facing Dog: (figure #11)</p> <ol style="list-style-type: none"> 1. Begin in “cat pose”, with your arms under your shoulders and your knees under your hips. 2. Inhale; tuck your toes under. Exhale; straighten (but don’t 	
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		<p>lock) you legs. Initially keep your knees slightly bent to help extend the spine.</p> <ol style="list-style-type: none">3. Push your palms down into the floor. Press your chest toward your thighs and shins. Visualize your tailbone extending toward the ceiling. Allow your ears to touch your upper arms so that your neck is free of tension.4. Breathe deeply as you hold the pose for 20 to 30 seconds. Heels may be off the floor. Keeping one knee bend, allow the heel of the other foot to proceed toward the floor; alternate one leg, and then the other for several breaths.5. Raise your left leg straight up toward the ceiling. Don't allow the left hip to raise higher than the right hip. Rotate your left foot a few times in one direction and then the other. Alternate flexing your left foot and pointing your toes several times.6. Return your left leg to the floor. Raise your	
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		<p>right leg, performing the same foot stretches. Lower your leg and return to table position.</p> <p>Modified Head of Cow: (figure #12)</p> <ol style="list-style-type: none"> 1. Sit in any comfortable position on a mat or in a chair. Make sure your back is straight with your spine comfortable extended. Your shoulders are relaxed and away from your ears. 2. Raise your right arm beside your right ear. Bend at the elbow and reach over your right shoulder. Your hand rests near the middle of your upper back. 3. Raise your left arm to shoulder height, bending at the elbow; the palm faces out. Reach toward your right hand and interlock the fingers of both hands. 4. Using gentle but steady pressure, allow your left hand to pull your right hand down and across. Toward your left shoulder. 5. Your left elbow points down to the floor as your right elbow points 	
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		<p>straight up. The upper right arm remains as close to your right ear as possible; your forearm is behind your head. Breathe and hold the stretch for 8 to 10 seconds. Release and reverse the stretch. Do the stretch a few more times on each side.</p>	
<p>Informing Task: We will now begin our sequence. When I say “Go”, please begin flowing in the sequence at your own pace. “Go”.</p> <ol style="list-style-type: none"> 1. Half Moon 2. Triangle 3. Archer’s Pose 4. Balancing Stick 5. Eagle 6. Yoga Mudra 7. Downward Facing Dog 8. Modified Head of Cow 			
<p>Informing Task: We are now going to begin our cool-down. When I say, “Go”, please join me in criss cross applesauce style. “Go”.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are sitting criss cross applesauce style. 		<p>Neck Rolls: (figure #13)</p> <ol style="list-style-type: none"> 1. Sit with your spine comfortably extended and your head upright. Exhale and drop your head forward, with your chin toward your chest. 2. Inhale and raise your head up so that chin is level with the floor. Repeat 5 to 7 times. 3. With your head upright, slowly drop your left ear toward your left shoulder. Hold for a few breaths, allowing the 	

right side of your neck to release.

4. Let your right hand fall toward the floor and allow it to pull your right shoulder down slightly to gently increase the stretch.
5. Take your left hand and place it just above your right ear. Increase the stretch by adding some gentle pressure with your hand, increasing the stretch ever so slightly. Be careful not to tug or pull your head to the left. Hold for 8 to 10 seconds.
6. Relax the left hand to the floor, returning your head to an upright position. Perform the stretch on the opposite side.

Knee Hug: (figure #14)

1. Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head.
2. Bend both knees and bring them to your

chest. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs.

3. Gently roll from side to side, massaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body.
4. For a variation, unfold your arms and place your hands on your knees. Part your knees slightly and make slow circles with them, massaging your hips and sacrum into the floor. Allow your movements to be slow and gentle. Your head stays on the floor at all times.

Alternating Knee Hug: (figure #15)

1. Lie on your back. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head.
2. Bring both knees into your chest. If your neck permits, raise your

forehead to your knees, keeping space between your chin and chest. Keep your shoulders down and away from your ears throughout the repetitions. If you experience discomfort in your neck, lower your head back down to the floor.

3. Interlace your fingers below your right knee. Exhale and extend your left leg forward and press your lower back into the floor, keeping the entire leg about 8 inches off the floor.
4. Inhale and bring your left knee back into the chest. Interlace your fingers below your left knee. Exhale and extend your right leg forward and press your lower back into the floor, keeping the entire right leg about 8 inches off the floor.
5. Make sure your lower back stays flat on the floor. Do not allow it to arch or lift. Alternate slowly for 10 to 12 repetitions.

Reclining Spinal Twist: (figure #16)

		<ol style="list-style-type: none"> 1. Lie on your back. Bend both knees, with feet flat on the floor. Move your hips and buttocks 2 inches to the right and then bring your knees into your chest. 2. Extend your arms out to the sides on the floor in a V position, palms up. Roll your legs and hips to the left, touching the floor. Your right foot is on the left foot; your right knee is on the left knee. Place a pillow between your knees if it is difficult to keep them together. 3. If your back arches, move your knees closer to your ribs. Turn your palms up; angle your arms to 45 degrees so your shoulders feel comfortable. Slowly turn your head to the right, away from your knees. 4. Allow your back to relax. Hold for 30 to 60 seconds. Slowly roll your legs and head back to center. Repeat on the other side. 	
<p>Informing Task: We will conclude class with final relaxation. Please find a comfortable position for final relaxation. We will take the last five minutes of class to just reflect on our morning, and what lies ahead of us in the day.</p>			
<p>Closure/Assessment: Great job today class. Don't forget to write in your journals. Have a great day.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14



FIGURE 15



FIGURE 16

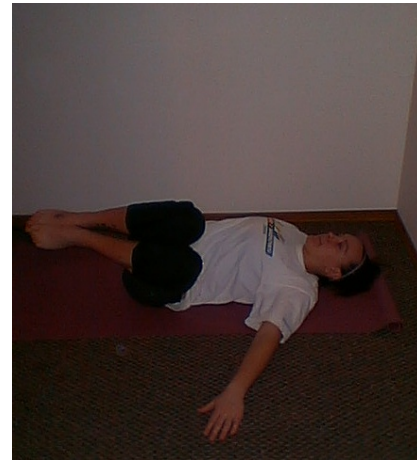


FIGURE 17

**Yoga Unit
Lesson #13
Beginning Yoga Pilates**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic Pilate moves

Warm-up:

- a. Hip Mobility (figure 1.1, 1.2, & 1.3)
- b. Chest Lift (figure 2.1 & 2.2)
- c. Hundreds (figure 3.1 & 3.2)

Sequences:

- a. Single Leg Stretch (figure 4.1 & 4.2)
- b. Oblique Lift (figure 5.1 & 5.2)
- c. Double Leg Stretch
- d. Teaser Prep Balance (figure 6.1 & 6.2)
- e. Back Extension With Arms (figure 7.1 & 7.2)

Cool-Down:

- a. Hip Flexor, Psoas, and Hamstring Stretch (figure 8.1, 8.2 & 8.3)
- b. Mermaid (figure 9.1 & 9.2)

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music
- 30 chair
- 30 towels

Instant Activity: Today we are doing some more Pilates moves. The first we are going to do is basic breathing exercise. Okay lets start by lying on your back, with your knees bent, your heels opposite your sitting bones, and your hands resting on your lower abdomen. Inhale for the length of 4-5 counts, expanding through the side and back of your ribcage. The abdominals should remain controlled, drawing inward gently. The upper chest and neck should remain fairly relax. Exhale for the length of 4-5 counts, allowing your chest and ribs to fall while emphasizing the drawing of your lower abdominals. Use your pelvic floor muscles to create a deeper sensation of pelvic stability and control. **Hip Mobility** (figure 1.1, 1.2, & 1.3)- Start in your preparatory position. As you breathe in, open one knee to the side and slide the same foot directly away from your sitting bone. Straighten this leg and aim to keep both hips still on the floor and keep your other leg tension free. Don't arch your back. Exhale, rotating your leg inward and drawing the heel back toward your sitting bone. Keep your ribcage fairly flat on the floor, your pelvis anchored and your abdominals flat and strong. Repeat on the same side in the same direction. We are going to do this 3 more switching legs. **Chest Lift-** (figure 2.1 & 2.2) Stay in the preparatory alignment and place your hands behind your head, keeping both elbows within your vision. Draw your shoulder blades down, keeping your ribcage and pelvis anchored to the floor and shrink through your abdominal area. Inhale. As you exhale, roll your chest forward, dropping your chin gently and pressing your lower ribcage down toward the floor. Keep your legs relaxed and your pelvis anchored on the floor. Inhale, hold still and strong, being careful not allow your ribs to release from the floor or your back and keep your shoulders stable. Roll down as you exhale, keep scooping your abdominals toward your spine so that develop variations in strength. Now lets repeat this 10 times. **Hundred-** (figure 3.1 & 3.2) begin in the preparatory position. Lift one left at a time to "tabletop" position. Feel that the back of your pelvis and ribcage are anchored on the floor, that your shoulders are relaxed and that your abdominals are zipped firmly. Assuming a calm breathing pattern. Place your arms by your sides. As you exhale, nod your chin down gently and roll your ribcage forward, reaching your arms alongside you just off the floor. Press your stomach deep toward your spine, stabilizing your hip bones on the floor. Extend your legs only as far as your trunk is stable, or maintain the legs at tabletop. Keep this position strong and continue to breathe, though in a broken breath pattern. Inhale, two short breaths and exhale, two short breaths. Accent the second inhale and exhale of each breath. Inhale, inhale, exhale, exhale. Continue breathing for 10 full breaths maintain a pure and stable position, emphasizing the need for firm, flat abdominals and depressing the shoulder blades. Before you lie down vend your knees toward your chest to protect the lower back.

Set Induction: How many of you remember the workout that we did the other day or remember what type of exercise we did? Well today we are going to do more Pilates moves.

MAF	Extensions	Refinements	Applications
Informing Task: Today we are going to be doing some more Pilates exercises, but today main focus is going to be your abdominals muscles.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are lying on their backs 	Single Leg Stretch:	Single Leg Stretch: (figure 4.1 & 4.2) 1. Begin on your back with your legs in the tabletop position. Curl your head and chest forward as in	Single Leg Stretch:

	<p>Oblique Lift:</p> <ul style="list-style-type: none"> You having troubles you may place your legs on a chair. 	<p>the “hundred exercise,” then reach your hands toward your ankles Ensure your hips, back, ribcage, and shoulders are stable and prepare your abdominals strongly. Breathe in.</p> <ol style="list-style-type: none"> As you exhale one leg directly away from you at reasonable height and distance for you to maintain optimal low back stability. Emphasize scooping your abdominals. Breathe in and return your leg to the tabletop position. Focus on having your shoulders down and stomach in. Exhale, extending your other leg. Inhale, draw the leg back in. <p>Oblique Lift: (figure 5.1 & 5.2)</p> <ol style="list-style-type: none"> Still on your back with your legs at the tabletop position and your hands behind your head. Ensure pelvis, spine, ribs, and shoulders are both in your vision. Breathe in and prepare your abdominals. As you exhale, drop your chin gently and roll your shoulders forward, 	<ul style="list-style-type: none"> Continue to alternate leg extensions for 10-20 times, though rest if you start to lose form. <p>Oblique Lift:</p>
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	<p>Double Leg Stretch:</p> <p>Note: Coordinate abdominal strength, breathing, flowing movement and multi-directional maneuvers.</p> <p>Modification: While you are gaining abdominal strength and control over the choreography, keep your legs in the tabletop position,</p>	<p>leaning on one side of your ribcage more than the other. (Aim one shoulders to the opposite hip bone.) Don't rotate the body dramatically and keep your hips really still.</p> <ol style="list-style-type: none"> 3. Inhale as you roll down. Take a brief moment to be stable and keep strong. 4. Exhale, curling up to the other side. Pelvic stable, stomach scooping, ribcage pressing into the floor, shoulder blades stable and flat, chin dropped and both elbows moving in the same direction as your shoulders. 5. Inhale, roll down. <p>Double Leg Stretch:</p> <ol style="list-style-type: none"> 1. Begin as we did in the oblique lifts, although with your hands placed on your knees. Breathe in, focusing a strong "centre." 2. Exhale, dropping your chin forward. Reach your arms down by your hips just off the floor. Extend both legs 	<ul style="list-style-type: none"> • Alternate sides, 6-10 repetitions. Maintain a moderate pace and control your breathing. <p>Double Leg Stretch:</p>
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	<p>or place your feet on a chair or on the floor.</p> <p>Teaser Prep Balance:</p> <p>Note: Although the spine is shaped into a “c” curve during the balance, try not to allow your ribcage to squash down into the abdomen. Keep scooping the abdominals in and upward, but also lift your ribcage</p>	<p>(appropriate to abdominal strength and pelvic/lumber stability.)</p> <ol style="list-style-type: none"> 3. As you inhale, raise your arms to the ceiling without compromising your position. 4. Exhale, circling your arms sideways so that they then reach back by your hips. Emphasizing your abdominals zipping and shoulder blades flattening. 5. Breathe in, bend your knees (first) and lie down, bring your legs to tabletop and your hands to your knees. Keep flattening your abdominals as you lie down, because this is essentially your preparation to straight back up again. <p>Teaser Prep Balance: (figure 6.1 & 6.2)</p> <ol style="list-style-type: none"> 1. Begin in a sitting position, with your knees bent, your hands under the thighs and your feet lightly placed on the floor. 2. Roll back onto your tailbone and stabilize the 	<ul style="list-style-type: none"> • Repeat 5-10 repetitions. <p>Teaser Prep Balance:</p>
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	<p>upward a little, too.</p> <p>Back Extension with Arms:</p> <p>Modification: If you find it too difficult to lift your hands, it is probably because you are allowing your shoulders to stay “rounded” forward. Omit the arm movement and focus on strengthening your upper back without strain. Visualize bending backward from the upper thoracic area, much</p>	<p>position with your abdominals. Your feet should hover just off the floor, as you maintain abdominals and try to limit muscle tension in the thighs. Shoulders are relaxed.</p> <ol style="list-style-type: none"> 3. Focus on breathing naturally and laterally. Keep scooping your abdominals and maintain a constant distance between the chest and knees. 4. Maintain the position, while breathing. 5. On next inhalation, raise your shins so they become parallel with the floor-not allowing your torso or thigh position to change. More abdominals! 6. Exhale as you control the lowering of your shins. <p>Back Extension with Arms: (figure 7.1 & 7.2)</p> <ol style="list-style-type: none"> 1. Lie face down, resting your forehead on rolled towel. Place your arms at 90 degree angles next to your shoulders. Realize where your anchor points are on the floor –your ribcage and your pelvic. Draw your abdominal muscles up 	<ul style="list-style-type: none"> • For 6-8 breaths. • Repeat 6-8 times. <p>Back Extension with Arms:</p>
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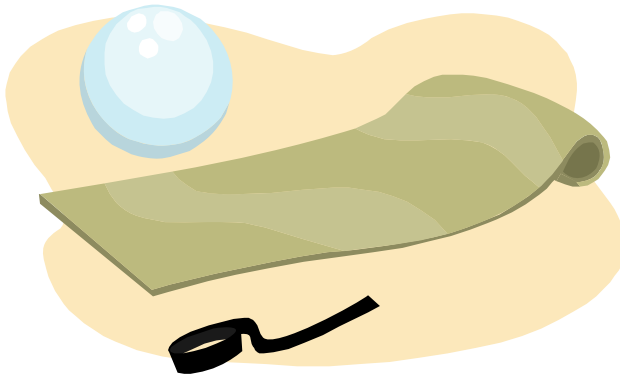
	<p>like the image of the Egyptian sphinx. Don't look up-keep your chin slightly down as you lift your chest.</p> <p>Progression: If you have good shoulder movement and a stable lower back, lift your chest, keeping your shoulder blades drawn flat...then lift your hands, then your elbows down to the floor first, hand down, then chest down. Breathe through the movement...maintain strong abdominals...balance on your ribs...shoulder blades stable and flat...neck tension free...chin tucked mildly and whenever your elbows lift, ensure that your shoulders don't drop and become rounded.</p>	<p>like a zip action without moving your spine. Inhale.</p> <ol style="list-style-type: none"> 2. As you exhale, mildly draw your shoulders away from your ears and hover your forehead and chest just off the floor, while you anchor your lower ribcage to the floor. 3. Breathe in, maintaining your shoulder posture, and lift your hands. Keep a strong connection with your abdominals and keep the pubic bone on the floor. 4. Exhale, lower your hands without going "round" shouldered. 5. Inhale, relax your body down. 	<ul style="list-style-type: none"> • Repeat 3-6 times.
<p>Informing Task: Now we are going to begin some basic stretches.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are kneeling. 	<p>Hip Flexor, Psoas & Hamstring Stretch:</p>	<p>Hip Flexor, Psoas & Hamstring Stretch: (figure 8.1, 8.2, & 8.3)</p> <ol style="list-style-type: none"> 1. Begin kneeling on one knee with your other leg bent in front of you. Legs should be parallel, with the majority of your body weight on your back knee. Tuck your tail under and transfer 	<p>Hip Flexor, Psoas & Hamstring Stretch:</p>

	<ul style="list-style-type: none"> You can bend one or both knees slightly to achieve the hamstring stretch with good alignment. <p>Mermaid:</p>	<p>your weight onto your front foot slightly.. in order to facilitate a stretch at the front of your (kneeling) hip. Don't allow your lower back to arch or your hips to twist to the side. Breathe through the stretch.</p> <ol style="list-style-type: none"> Lunge forward and place your hands either side of your front foot. Take your body weight onto your hands, the front thigh and foot. Allow your back leg to relax so that the front of the hip stretches. Continue to breathe. Take your full body weight onto the front foot and stand on the back foot, straightening both legs, keeping one forward and one back (depending on your flexibility.) Both feet should point forward and your priority is keeping your hips square. Relax your head, neck and shoulders. Breathe. <p>Mermaid: (figure 9.1 & 9.2)</p> <ol style="list-style-type: none"> Sitting cross-legged on the 	<ul style="list-style-type: none"> Repeat all stretch on the other side, holding each one for between 30-90 seconds. <p>Mermaid:</p>
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		<p>floor lengthen your spine and raise one arm, leaving your other hand near the floor close to your knee.</p> <p>2. Carefully bend sideways towards the low arm for a side stretch on the opposite side. Use your abdominals and allow your head and neck to relax as you lean on your bottom arm. Breathe, and when returning to a straight spine, engage the abdominals and slowly return as you exhale.</p>	<ul style="list-style-type: none">• Repeat 1-3 times each side. You may alternate.
<p>Closure: Nice Job today class. I hope you enjoy your Pilates workout. Please remember to write in your journal about today because very soon you will do your lesson to teach the class.</p>			

Lesson #13

Picture Poses



Warm-up Poses

Figure 1.1 Hip Mobility



Figure 1.3 Hip Mobility



Figure 1.2 Hip Mobility



Figure 2.1 Chest Lift



Figure 2.2 Chest Lift

Warm-up Pose

Figure 3.1 Hundreds



Figure 3.2 Hundreds



Sequence Poses

Figure 4.1 Single Leg Stretch



Figure 5.1 Oblique Lift



Figure 4.2 Single Leg Stretch



Figure 5.2 Oblique Lift

Sequences poses

Figure 6.1 Teaser Prep Stretch



Figure 6.2 Teaser Prep Stretch



Figure 7.1 Back Extension With Arm Up



Figure 7.2 Back Extension With Arm Up

Cool-Down Poses

Figure 8.1 Flexor, Psoas, and Hamstring Stretch



Figure 8.3 Flexor, Psoas, and Hamstring Stretch



Figure 8.2 Flexor, Psoas, and Hamstring Stretch



Figure 9.1 Mermaid



Figure 9.2 Mermaid

**Central Washington University
Yoga Unit
Lesson #14
Intermediate Yoga Butt & Legs**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate poses that focus on the butt & leg muscles

Warm Up Poses:

- a. Alternating Knee Hug (figure 1)
- b. Standing-On-Toes (figure 2)
- c. Barrel Movement (figure 3)
- d. Kneeling Lunge (figure 4)
- e. Through-The-Hole-Stretch (figure 5)

Sequence Poses:

- a. Dancer's Pose (figure 6)
- b. Standing Head-To-Knee (figure 7)
- c. Tree (figure 8)
- d. Chair (figure 9)
- e. Balancing the Cat I (figure 10)
- f. Balancing the Cat II (figure 11)
- g. Gate (figure 12)

Cool Down Poses:

- a. Plank Pose (figure 13)
- b. Half Locust (figure 14)
- c. Squatting Pose (figure 15)
- d. Separated Leg Stretch (figure 16)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 mats
- CD Player
- Soft Music CD (ex: ocean beaches)

- Microphone Headset

Instant Activity: (See Warm Up figures 1-5 at end of lesson) Today we will be focusing on our butt and our legs. We will begin in Alternating Knee Hug: 1) Lie on your back. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 2) Bring both knees into your chest. If your neck permits, raise your forehead to your knees, keeping space between your chin and chest. Keep your shoulders down and away from your ears throughout the repetitions. If you experience discomfort in your neck, lower your head back down to the floor. 3) Interlace your fingers below your right knee. Exhale and extend your left leg forward and press your lower back into the floor, keeping the entire leg about 8 inches off the floor. Inhale and bring your left knee back into the chest. 4) Interlace your fingers below your left knee. Exhale and extend your right leg forward and press your lower back into the floor, keeping the entire right leg about 8 inches off the floor. Make sure your lower back stays flat on the floor. Do not allow it to arch or lift. Alternate slowly for 10 to 12 repetitions. Standing-On-Toes: 1) Stand in Mountain pose, with arms by your sides. Inhale and raise your heels from the floor, rising up onto the balls of your feet. Exhale and come back down. Repeat this up and down movement for 4 to 6 breaths. 2) Inhale and lift your heels from the floor, rising up onto the balls of your feet and raising your arms overhead. Repeat this up and down movement with your feet and arms several times. 3) Remain on your toes with the arms raised for 4 to 6 breaths. Return your feet to the floor and your arms to your sides. Repeat once more. Barrel Movement: 1) Stand with your feet about hip-distance apart. Arms hang loosely by your sides. Make sure your spine is comfortably extended, your shoulders are down away from your ears, and your abdominal muscles are slightly engaged. Close or lower your eyes. 2) Inhale and slowly begin making small circles with your hips in a clockwise direction. Gradually allow the circles to expand so that your hips are moving in large circles. Try to keep your upper body stationary; the movement should be in your hips only. Imagine that you've wrapped a towel around your hips and that you are trying to clean the inside of a barrel. 3) Continue for 12 clockwise circles. Stop. Breathe and feel the energy swirling in your hips, lower back, and abdomen. 4) Resume by making small circles in the opposite direction. Gradually increase the size of your circles. Make 12 circles. Stop. Relax as you enjoy feeling the energy whirl. Kneeling Lunge: 1) Kneel in "cat pose" with your arms under your shoulders and your knees under your hips. On an inhalation, move your right foot between both hands, and then slide it slightly ahead of your hands. 2) Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. 3) Slide your foot forward so your shinbone is straight. Make sure your knee is directly over your ankle. Keep your palms flat on the floor; if this is not possible, make two fists and rest on your knuckles. Hang your head forward. 4) Breathe slowly; hold for 20 seconds to 1 minute. Feel the stretch across your left thigh through the hip crease into the lower back. Push on the floor with your hands to gently move back and out of the pose. Repeat to the left side. Through-The-Hole-Stretch: 1) Lie on your back with both knees bent. Your head remains on the floor. Cross your left leg so that the outside of the ankle rests on your right thigh. Bring your left arm through the space between your legs and around the right thigh. Clasp hands. 2) Inhale. On the exhalation draw your right thigh toward your chest, lifting your right foot off the floor. Using your left elbow, move your left knee away from your body. Feel the stretch in the left hip rotator. 3) Hold the stretch for several breaths. With each exhalation, see if you can draw your right thigh slightly closer to your body. Unclasp your hands; undo your legs. Repeat on the other side.

Set Induction: "Fifteen million Americans include some form of yoga in their fitness regimen-twice as many as did five years ago." Today we will learn a sequence that you can include in your fitness regimen, and you too can become a statistic, in a positive way.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, "Go", please join me in Mountain Pose and wait for further instruction. "Go".			
<ul style="list-style-type: none"> • 30 mats lined up in roll 		Dancer's Pose: (figure #6)	

<p>lines</p> <ul style="list-style-type: none"> • Students are standing in Mountain Pose waiting for further instruction. 		<ol style="list-style-type: none"> 1. Stand erect with your spine elongated and your feet hip-width apart. Shift your weight onto your left foot. 2. Inhale and raise your left arm with the palm facing forward, and hold your arm close by your left ear. 3. Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle. If it's more comfortable, you may grasp your leg with the palm facing in. The sole of your right foot faces up; your right knee points down. 4. Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower your upper torso and left arm until nearly horizontal with the floor. Hinge at the waist. 5. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling. 6. Your body looks like a 	
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bow strung by an archer. Don't be concerned with the height of your raised leg-go for the stretch and balance. Breathe deeply and hold the pose for 10 seconds.

7. On an inhalation, raise your upper torso and release your right leg and arms. Do the pose on the opposite side, and then repeat on each side once more.

Standing Head-To-Knee:
(figure #7)

1. Stand in Mountain Pose. Shift your weight onto your left foot, establishing four-point contact between your toe and heel mounds and the floor.
2. Engage the upper muscles of your left leg by pressing the thighbone back toward the hamstring. Feel a lifting of the kneecap.
3. Inhale and raise your right knee toward your chest; place both hands beneath your knee, interlacing your fingers. Make sure that you feel stable before continuing.

		<ol style="list-style-type: none"> 4. Place both hands under the ball of your right foot. Maintain the lifting of the left kneecap. Gaze at a spot in front of you. Bring your right thigh toward your chest. 5. Refocus your gaze and attempt to straighten your right leg until it is parallel to the floor. Bend at the elbows and pull back on the ball of your foot. With each exhalation, try to lower your upper body a little closer to your extended leg. Hold for a few breaths. 6. Release by bending your knee and returning to an upright position. Release your hands. Repeat on the other side. Do one more round on each side. <p>Tree: (figure #8)</p> <ol style="list-style-type: none"> 1. Stand erect with your eyes fixed on a focal point in front of you. If it is difficult to maintain your balance, you may also perform this pose while lying on your back. 2. Bear the weight of your body on your right leg by tightening the thigh 	
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		<p>muscle. Inhale and raise your left leg, placing the sole of the foot onto the calf muscle or inner thigh of the standing leg. If your foot slips, hold your ankle with one hand.</p> <ol style="list-style-type: none"> 3. Stretch the inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply. 4. Once you are balanced, you may raise your arms above your head or clasp your hands in Namaste at the center of the chest. If you are holding onto your leg, raise your other hand to the middle of the chest or rest your open palm at the heart center. Hold for 8 to 10 breaths. Return your raised leg to the floor and lower your arms. Repeat on the other side. <p>Chair: (figure #9)</p> <ol style="list-style-type: none"> 1. Stand with your feet directly under your hips in Mountain. Arms and hands are held straight out in front at shoulder level. Keep your shoulders relaxed, 	
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		<p>back, and down.</p> <ol style="list-style-type: none">2. Inhale. On an exhalation, slowly begin lowering your body into a squat position as though you were about to sit in an imaginary chair. Do not go beyond 90 degrees at the knees.3. Keep your feet flat on the floor, hip-width apart, with your knees over your ankles. Breathe slowly as your gaze beyond your arms. Keep your heels hold for a count of 5 breaths. Return to a standing position with arms remaining at shoulder level.4. From this standing position, inhale and lift your heels off the floor. On an exhalation, slowly begin lowering your body into a squat position, again sitting in an imaginary chair. Do not go beyond 90 degrees at the knees.5. Breathe deeply and hold for a count of 5. Inhale and raise back up to a standing position. Lower your arms and return to	
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		<p>Mountain Pose. Feel the energy course through your body. Repeat 3 more times.</p> <p>Balancing the Cat I: (figure #10)</p> <ol style="list-style-type: none"> 1. Begin in “cat pose”, with your knees under your hips and your arms under the shoulders 2. Focus on a spot on the mat, keeping your neck long. Inhale as you simultaneously lift your right leg straight behind you and lift your left arm straight in front of you. You are not aiming for height. What is important is that your leg is raised to hip level and your arm is level with the shoulder. 3. Extend form the hip and shoulder. Internally rotate your right leg and foot (turn your toes to the left) to level the hips. Hold the pose for 30 to 60 seconds before returning to “cat pose”. 4. Repeat on the opposite side. Do the pose once more on each side. <p>Balancing The Cat II: (figure #11)</p> <ol style="list-style-type: none"> 1. Begin in “cat pose”, with 	
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		<p>your arms under your shoulders and knees under your hips.</p> <ol style="list-style-type: none">2. Focus on a spot on your mat. Keep your neck long. Inhale; simultaneously lift your left straight behind you at hip level and your right arm straight in front of you at shoulder level internally rotate your left leg and foot (turning your toes to the right) to level the hips.3. Exhale and bend your left knee. Reach behind with your right hand and grasp your left foot. Use your hand to bring the foot back and up. Your heel should be directly over your left buttock, not pulled diagonally across your back.4. Tuck your chin slightly. Breathe. Continue to pull your foot back and up slightly as you hold the pose for 30 seconds to 1 minute. Lower your arm and leg back to table position. Reverse and repeat the pose on the opposite side. <p>Gate: (figure #12)</p> <ol style="list-style-type: none">1. Begin in a kneeling position with hands on	
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		<p>hips. Exhale and extend your left foot out to the left side. Make sure your leg and foot are in line with the hip. Tighten the muscles along your left leg.</p> <ol style="list-style-type: none">2. Place your left hand on your extended leg. Slide it down toward your foot. Stop where you are most comfortable.3. On an inhalation, extend your right arm up and over your head your palm faces down. Extend out from your waist, feeling a stretch along the right side of the body.4. Look down toward your left foot. If you feel steady and strong enough, pull in your abdominal muscles slightly and look up toward your raised hand.5. Breathe deeply and with each exhalation, try to slide your hand a little further toward the foot. Hold for 4 to 6 breaths. On an inhalation, return to center. Repeat the pose on the opposite side.	
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Informing Task: We will now begin our sequence. When I say “Go”, please begin flowing in the sequence at your own pace. “Go”.

1. Dancer’s Pose
2. Standing Head-To-Knee
3. Tree
4. Chair
5. Balancing the Cat I
6. Balancing the Cat II
7. Gate

Informing Task: We are now going to begin our cool-down. When I say, “Go”, please join me in Downward Facing Dog. “Go”.

- 30 mats lined up in roll lines.
- Students are in Downward Facing Dog, waiting for further instruction.

- Plank Pose: (figure #13)
1. Top of a Push-Up position.
- Half Locust: (figure #14)
1. Lie on your stomach with your chin resting on the floor. Legs are slightly apart. Your arms are alongside your body, palms down.
 2. Engage the abdominal muscles 15 to 20 percent. Extend your left big toe toward the wall behind you and then lift your left leg 2 inches off the floor. Keep the top of the left thighbone pressing into the floor so the left hip is not above the right hip. Focus on stretching and extending from the hip socket.
 3. With your leg still raised, breathe for a count of 5. Exhale and slowly lower the still-extended left for a

		<p>count of 5. Repeat with the same leg 3 times. Return your leg to the floor. Turn your head to one side and rest, breathing normally. Compare your left leg to your right and notice any differences. Repeat with your right leg.</p> <p>Squatting Pose: (figure #15)</p> <ol style="list-style-type: none">1. Stand with your legs about hip-width apart. Bend your knees and squat. Hold onto the back of a chair if this is difficult to maintain your balance. For comfort, you may wish to separate your legs a bit more.2. Try to place the soles and heels of your feet flat on the floor. If that causes any discomfort, place a rolled towel under your heels or place a cushion under your buttocks. Pull in on your abdominal muscles. Rest your forearms on your knees with the palms open. If you prefer, put your palms together in Namaste in front of the heart center and press your palms together	
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slightly.

3. For advanced stretch, place your elbows inside your knees and press against them, exerting a steady and smooth pressure. Hold the pose 1 to 2 minutes if comfortable, breathing deeply.

Separated Leg Stretch: (figure #16)

1. Stand tall with your spine elongated and feet parallel. Step to the right so your feet are wider than your hips, about 4 feet apart. The wider the feet, the easier the stretch. Your feet face forward and should not be turned out.
2. Inhale and raise your arms to the sides at shoulder height, palms down. Shoulders are relaxed and down away from your ears. Bend your knees slightly to protect your lower back.
3. Exhale and bend forward, hinging at the hips. Chin is tucked, and knees are soft. Slide your hands down the outside of your legs. Grasp your calves,

ankles. Or heels, if possible.

4. Pull with your arms so that your head moves closer to the floor. Your elbows will bend. Feel the strengthening of your upper arms and shoulders. To make sure there is no strain on your neck, nod your head slightly as if saying, "Yes, yes".
5. Straighten your back as much as possible. Lift your tailbone slightly, and if it feels comfortable, straighten your legs. Remain in the pose for up to 10 seconds. Breathe.
6. Prepare to return to a standing position by pressing your feet firmly into the floor and taking your arms out to the sides of your body. Keep your knees soft, raise your chin, and tighten your abdominal muscles. Come up with your arms out to the sides as if you were an airplane. Once your body is vertical, relax your arms by your sides in Mountain Pose. Repeat the stretch once

		more. See if your head drops any further toward the floor the second time.	
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Informing Task: It is now time for final relaxation. Please get comfortable, and relax for the next five minutes, returning your breathing back to normal. Thinking about the day ahead of you, and anything you have to do today. Take the next five minutes to reflect.

Closure/Assessment: Nice job today class, you all did very well. Don't forget to write in your journals. Enjoy the rest of the day and I will see you next class.



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14



FIGURE 15



FIGURE 16

**Central Washington University
Yoga Unit
Lesson #
Class-Teach-Class**

Objectives

A. Student (NASPE 1, 2, 3, 5. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate knowledge of different yoga poses.

Warm-Up:

#1 Student will demonstrate the knowledge of warm up poses.

Sequence:

#2 Student will demonstrate the knowledge of sequence poses.

#3 Student will demonstrate the knowledge of sequence poses.

Cool Down:

#4 Student will demonstrate the knowledge of cool down poses.

2. Teach the class their own sequence.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Instant Activity: Student #1 will teach the class the warm up, using proper warm up poses. (See Appendix # for rubric)

MAF

Extensions

Refinements

Applications

Informing Task: Now it is time for student #2 to lead us in their sequence. (See Appendix # for rubric)

Informing Task: Now it is time for student #3 to lead us in their sequence. (See Appendix # for rubric)

Informing Task: Now it is time for student #4 to lead the class in the cool down, using proper cool down poses. (See Appendix # for rubric)

Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.

Closure: Well done today class. All of your sequences were very good. I can't wait to see what everyone else will teach us. Have a great day. Don't forget to write in your journals.

**Central Washington University
Yoga Unit
Lesson #16
Specific Yoga – Mental Fatigue Relief**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate poses that will help them with mental fatigue relief

Warm Up Poses:

- a. Half Moon (figure 1)
- b. Dancer's Pose (figure 2)
- c. Chair (figure 3)
- d. Eagle (figure 4)

Sequence Poses:

- a. Water Wheel (figure 5)
- b. Shoulder Shrugs, Circles and Twists (figure 6)
- c. Proud Warrior (figure 7)
- d. Forward Bend (figure 8)
- e. Downward Facing Dog (figure 9)
- f. Half Shoulder stand (figure 10)
- g. Crab (figure 11)

Cool Down Poses:

- a. Shoulder Shrugs, Circles, and Twists (figure 12)
- b. Sphinx (figure 13)
- c. Windshield Wiper Legs (figure 14)
- d. Supine Butterfly (figure 15)

2. Flow in sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 mat
- CD Player
- Soft Music CD (ex: rainforest sounds)
- Microphone Headset

Instant Activity: (See Warm Up figures 1-4 at end of lesson) Today, we will be warming-up with a quick sequence that we will repeat 6 times in a row and then move into our sequence for the day. We will begin in Mountain Pose. We will then move into Half Moon: 1) Stand with your feet parallel and close together. Raise both arms overhead, palms facing each other, if it feels comfortable, cross your thumbs. 2) Tighten your thigh muscles to feel a lifting of the kneecaps. Create and extension in your spine and slowly and gently bend out of the waist to the left. Angle your upper body slightly to the left and look down at your left foot. Make sure there is no strain in your neck. 3) Hold for a few breaths. Return your upper body to the center. If your shoulders have inched up, drop them down away from the ears. Repeat on the right side. Don't strain. Hold for several breaths. Return to center, relax your arms. Repeat once more on both sides. Dancer's Pose: 1) Stand erect with your spine elongated and your feet hip width apart. Shift your weight onto your left foot. Inhale and raise your left arm with the palm facing forward, and hold your arm close by your left ear. 2) Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle. The sole of your right foot faces up; your right knee points down. 3) Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower your upper torso and left arm until nearly horizontal with the floor. Hinge at the waist. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling. 4) Your body looks like a bow strung by an archer. Don't be concerned with the height of your raised leg. Breathe deeply and hold the pose for 10 seconds. On an inhalation, raise your upper torso and release your right leg and arms. Do the pose on the opposite side, and then repeat on each side once more. Chair: 1) Stand with your feet directly under your hips in Mountain Pose. Arms and hands are held straight out in front at shoulder level. Keep your shoulders relaxed, back, and down. 2) Inhale. On an exhalation, slowly begin lowering your body into a squat position as though you were about to sit in an imaginary chair. Do not go beyond 90 degrees at the knees. Keep your feet flat on the floor, hip-width apart, with your knees over your ankles. 3) Breathe slowly as you gaze beyond your arms. Keep your neck relaxed and extended. Raise your toes off the floor, rocking back on your heels. Hold for a count of 5 breaths. Return to a standing position with arms remaining at shoulder level. 4) From this standing position, inhale and lift your heels off the floor. On an exhalation, slowly begin lowering your body into a squat position, again sitting in an imaginary chair. Do not go beyond 90 degree at the knees. Breathe deeply and hold for a count of 5. 5) Inhale and raise back up to a standing position. Lower your arms and return to Mountain Pose. Feel the energy course through your body. Repeat 3 more times. Eagle: 1) Stand with your feet together and your back straight and spine elongated. Stretch your arms out to both sides. 2) Bring your left arm under the right, crossing both arms at the elbow. Place your hands together, palms facing each other. Pull your upper arms to your chest and bring your hands toward your face, if possible, allow your fingers to touch your nose and place your thumbs under your chin. 3) Bend both knees slightly. To assist with balance, gaze at a spot in front of you and breathe deeply. Slowly cross your left leg over your right thigh. If you can, wrap your left foot around the right ankle or calf. Bend your right leg a little further. Your spine remains straight, and your hips are forward. Breathe deeply and hold for 10 to 15 seconds. 4) If your balance falters, try to concentrate on your breathing and focus on the spot in front of you. Release your arms first and then uncross and straighten your legs.

Set Induction: How many of you are stressed out from school? Today, we will be focusing on mental fatigue relief.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, "Go", please join me in Mountain Pose and wait for further instruction.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are standing 		Water Wheel: (figure #5) 1. Stand with your feet about shoulder-width	Repeat the movement 11 times. Feel free to add sound when you exhale to really get

<p>in Mountain Pose waiting for further instruction.</p>		<p>apart, with knees slightly bent. Place your palms against your lower back, fingers pointing down.</p> <ol style="list-style-type: none"> 2. Relax your lower jaw as you open your mouth slightly. Inhale through the mouth and arch backward, gently pressing your hands into your lower back for support. Gaze upward, keeping your neck in line with the spine to avoid putting any pressure on your neck. 3. Exhale through the mouth and “spill” forward like a water wheel, bringing your chin toward your chest and letting your upper body hang and arms dangle. Keep your knees bent. 	<p>your energy flowing.</p>
<ul style="list-style-type: none"> • Same as above. 		<p>Shoulder Shrugs, Circles, and Twists: (figure #6)</p> <ol style="list-style-type: none"> 1. Standing, bring both shoulders up toward the ears as high as you can. Exaggerate the shrug and accentuate the holding. 2. Release, letting shoulders drop back and down. Repeat a few times. 	<p>Repeat 8 to 10 times on each side. Try to turn a bit further each time.</p>

		<ol style="list-style-type: none"> 3. Bend both elbows and lightly place your fingertips on top of your shoulders. Rotate your elbows as though you were drawing small circles on the walls. 4. Circle five times in one direction; reverse direction and circle five more times. Drop your arms. As you breathe deeply, focus on how relaxed your neck and shoulders feel. 5. Once again, bend both elbows and lightly place your hands on your shoulders. Inhale and exhale while, slowly and with control, turn your upper torso and head to the right. Hold for a few seconds. 6. Inhale and return to center. Exhale and slowly turn your upper torso and head to the left. Hold for a few seconds. Inhale and return to center. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Proud Warrior: (figure #7)</p> <ol style="list-style-type: none"> 1. Stand tall with your feet separated about 3 feet apart or the length of one leg. Turn your right foot out 90 degrees, turn your left foot in 	

toward the right about 30 degrees. As you inhale, stretch your arms out from your shoulders so they form a T with the body.

2. Bend your right knee, forming a right angle with your calf and thigh. Take care that your knee does not extend over the right foot. Your left leg is straight with muscles engaged, and the sole of your left foot is grounded on the floor. Turn your head and gaze over your right hand. Shoulders are down and away from the ears.
3. Bend at the waist as you “pinwheel” your upper torso to the right. If it feels more comfortable, place your right forearm on your right thighbone. Left arm is perpendicular to the floor. Turn your head to the left or gaze up at your raised left hand.
4. Raise your left arm directly above the right. Hold for several breaths. Straighten your upper body and then

		<p>your right leg. Lower your arms to your side. Turn your feet the opposite way and repeat on the left side.</p>	
<ul style="list-style-type: none"> • Same as above. 		<p>Forward Bend: (figure #8)</p> <ol style="list-style-type: none"> 1. Stand with your feet about 12 inches apart, with knees slightly bent. Arms are by your sides. 2. Inhale. Exhale and bring your chin to your chest. As if you were an inflatable doll slowly losing its air, let your upper body sag. If necessary, bend the knees more so that your hands rest on either side of your feet on the floor. Let your upper body hang loosely like a rag doll. 3. To come out of the pose, place your hands on your shins, knees, or thighs, depending on what is most comfortable for you. When returning to an upright position, lift the chin first. Don't come up with a straight back. On an inhalation, slowly uncurl up, one vertebra at a time. Elevate your body slowly to avoid any light-headedness. 	

		<p>Once you're upright, gently relax your shoulders back and down.</p>	
		<p>Downward Facing Dog: (figure #9)</p> <ol style="list-style-type: none"> 1. Begin in cat pose with your arms under your shoulders and your knees under your hips. 2. Inhale; tuck your toes under. Exhale, straighten your legs. Initially, keep your knees slightly bent to help extend the spine. 3. Push your palms down into the floor. Press your chest toward your thighs and shins. Visualize your tailbone extending toward the ceiling. Allow your ears to touch your upper arms so that your neck is free of tension. 4. Breathe deeply as you hold the pose for 20 to 30 seconds. Heels may be off the floor. Keeping one knee bent, allow the heel of the other foot to proceed toward the floor; alternate one leg and then the other for several breaths. 5. Raise your left leg straight up toward the 	

		<p>ceiling. Don't allow the left hip to rise higher than the right hip. Rotate your left foot a few times in one direction and then the other. Alternate flexing your left foot and pointing your toes several times.</p> <p>6. Return your left leg to the floor. Raise your right leg, performing the same foot stretches. Lower your leg and return to table position.</p>	
<ul style="list-style-type: none"> ◆ 30 mats lined up in roll lines. ◆ Students are lying on their backs waiting for further instruction. 		<p>Half Shoulder stand: (figure #10)</p> <ol style="list-style-type: none"> 1. Lie on your back with your legs extended on the floor, arms by your sides, palms down, head on the floor. Lift your head for a moment and look down your body to make sure it is in alignment. 2. Bend your legs. Inhale and bring your knees toward your chest. Exhale and tighten your abdominal muscles. Inhale and roll your hips above your shoulders. 3. Bend your elbows and use your hands to support your back at the hips. Let your hips 	

		<p>rest into your hands. Do not put any weight on your neck or head. Make sure the weight of your body is placed on your upper back.</p> <ol style="list-style-type: none"> 4. Extend your legs over your head at a comfortable angle, not straight up. You should be able to see your toes. You may also bend your legs if that feels more comfortable. Initially, hold for 15 to 30 seconds. With consistent practice, work up to several minutes. 5. Release by bending your legs and slowly rolling back down. Use your abdominal muscles to help you come down safely. Be gentle with your lower back. Lie on your back and slowly turn your head from side to side a few times. 	
<p>◆ Same as above.</p>		<p>Crab: (figure #11)</p> <ol style="list-style-type: none"> 1. Sit with your legs extended straight in front of you. Bend your knees with feet flat on the floor about hip-width apart. Place your hands slightly behind you, 	<p>Repeat once more.</p>

		<p>fingers turned out to either side.</p> <ol style="list-style-type: none"> Inhale and lift your hips, making a table of your body from your knees to your shoulders. Exhale and let your head drop back gently as you release your jaw. Hold for 10 to 15 seconds. Breathe deeply. To release, bring your head forward and tuck your chin. Lower your hips. 	
<p>Informing Task: Now that we have learned the poses for today, we are going to put those poses into a flowing sequence:</p> <ol style="list-style-type: none"> Water Wheel Shoulder Shrugs, Circles and Twists Proud Warrior Forward Bend Downward Facing Dog Half Shoulder stand Crab 			
<p>Informing Task: Now we will begin our cool down. When I say “Go” please join me sitting criss cross applesauce and wait for further instruction. “Go”.</p>			
<ul style="list-style-type: none"> 30 mats in role lines Students are 		<p>Shoulder Shrugs, Circles, and Twists: (figure #12)</p> <ol style="list-style-type: none"> Bring both shoulders up toward the ears as high as you can. Exaggerate the shrug and accentuate the holding. Release, letting shoulders drop back and down. Repeat a few times. Bend both elbows and 	

		<p>lightly place your fingertips on top of your shoulders. Rotate your elbows as though you were drawing small circles on the walls.</p> <ol style="list-style-type: none"> 4. Circles 5 times in one direction, reverse direction and circle 5 more times. Drop your arms. As you breathe deeply, focus on how relaxed your neck and shoulders feel. 5. Once again, bend both elbows and lightly place your hands on your shoulders. Inhale and exhale while, slowly and with control, turn your upper torso and head to the right. Hold for a few seconds. 6. Inhale and return to center. Exhale and slowly turn your upper torso and head to the left. Hold for few seconds. Inhale and return to center. Repeat 8 to 10 times on each side. Without straining or focusing, engage the abdominal muscles slightly and try to turn a bit further each time. 	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. 		<p>Sphinx: (figure #13)</p> <ol style="list-style-type: none"> 1. Lie on your stomach, 	<p>Lower and repeat 3 to 5 times.</p>

<ul style="list-style-type: none"> Students are lying on their stomach waiting for further instruction. 		<p>with legs hip-distance apart. Raise your head and chest as you prop yourself up onto your bent elbows. Your forearms are flat on the floor, shoulder width apart, with palms facing down.</p> <ol style="list-style-type: none"> Let your pelvis lean toward the floor by engaging your abdominal muscles 15 to 20 percent. Your head and neck remain neutral. Breathe and hold for a count of 10 	
<ul style="list-style-type: none"> Same as above. 		<p>Windshield Wiper Legs: (figure #14)</p> <ol style="list-style-type: none"> Lie on your stomach. Your head may be turned to one side, or your chin can rest on top of your hands. Legs are about hip-distance apart. Bend the legs at the knees. Slowly move both legs from one side to the other in a “windshield wiper” movement. 	<p>Complete this movement for 10-15 breathes.</p>
<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students are lying on their backs waiting for further instruction. 		<p>Supine Butterfly: (figure #15)</p> <ol style="list-style-type: none"> Lie on your back with knees bent and your feet flat on the floor. Make sure your chin is not higher than your forehead. If you feel 	<p>Continue this movement for 5 to 7 repetitions.</p>

- any strain in your neck, place a folded blanket or towel under your head.
2. Bring the soles of your feet together and allow your knees to splay out to each side.
 3. Inhale and slowly begin to bring your knees back up toward each other. As they return to center, press your hands into your inner thighs to create resistance.
 4. Make it a leisurely journey of up to 45 seconds before your knees meet again. Repeat twice more.
 5. While on your back extend both legs up vertically, placing your hands on the inner thighs. Inhale and separate your legs as far as is comfortable.
 6. Exhale and bring your legs back to vertical, pressing your hands into the inner thighs, creating resistance.

Informing Task: We will now begin final relaxation. Please make yourself comfortable and begin bringing your breathe back to normal. Reflect on how your body is feeling after your workout.

Closure: Awesome job today! Don't forget to write in your journals. I will see you all next class period.

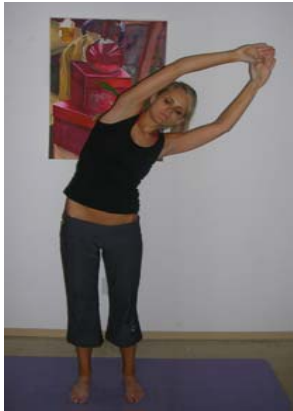


FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4

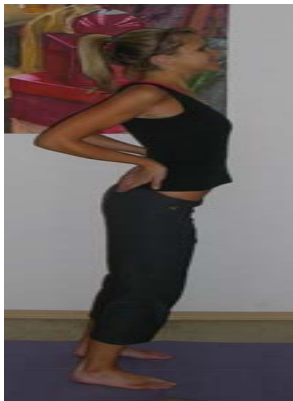


FIGURE 5



FIGURE 7

FIGURE 6



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14

FIGURE 15

Yoga Unit
Lesson #17
Yoga Abs & Back

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Wake-up Poses:

- a. Breath of fire with raised thumb (figure 1)
- b. Neck Rolls
- c. Half Locust (figure 2)
- d. Cobra (figure 3)
- e. Chopping Wood (figure 4)

Sequences

- a. Pelvic Tilt (figure 5)
- b. Knee Rocking (figure 6)
- c. Boat (figure 7)
- d. Kneeling Lunge (figure 8)
- e. Kneeling Lunge with Twist (figure 9)
- f. Abdominal Lift (figure 10)

Cool-Down:

- a. Kneeling Yoga Mudra (figure 11)
- b. Sitting Forward Bend (figure 12)
- c. Corpse Pose

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music
- 30 towels

Warm-up: Today warm-up is called Wake-up. So we are going sit with your spine comfortably extended. Keeping your eyes closes. We are going to start out with the **Breathe of fire with raised thumbs** (figure 1). Raise both arms above your head in a “V” position without bending them at the elbows. Palms face forward, fingers are lightly curled, and thumbs point in. Inhale. Now exhale vigorously by pulling back your abdominal muscles. This will cause a short, forceful expulsion of air through the nose. Imagine that your exhalations could blow out the flame of a candle. Repeat with a steady, quick series of 20 exhalations. Stop and allow the breath to return to normal. Lower your arms; breathe normally between sets. **Neck Rolls-** sit with your spine comfortably extended and your head upright. Exhale and drop your head forward, with your chin toward your chest. Inhale and raise your head up so that chin is level with the floor. Repeat 5-7 times. With your head upright, slowly drop your left ear toward your left shoulder. Hold for a few breaths, allowing the right side of your neck to release. Let your right hand fall toward the floor and allow it to pull your right shoulder down slightly to gently increase the stretch. Take your left hand and place it just above your right ear. Increase the stretch by adding some gently pressure with your hand, increasing the stretch ever so slightly. Be careful not to tug or pull your head to the left. Hold for 8 to 10 seconds. Relax the left hand to the floor, returning your head to an upright position. Now let's do it to the other side. **Half Locust-** (figure 2) Now lets lie on your stomach with your chin resting on the floor. Legs are slightly apart. Your arms are alongside your body, palms down. Engage the abdominal muscles 15 to 20 percent. Extend your left big toe toward the wall behind you and then lift your left thighbone pressing into the floor so the left hip is not above the right hip. Focus on stretching and extending from the hip socket. With your leg still raised, breathe for a count of 5. Exhale and slowly lower the still-extended leg for a count of 5. Lets repeat with the same leg 3 times. Return your leg to the floor. Turn your head to one side and rest, breathing normally. Compare your left leg to your right and notice any differences. Repeat with your right leg. **Cobra-** (figure 3) Lie facedown with your forehead on the mat. Your feet are comfortably close together with the toes pointing. Place your hands beneath your shoulders, palms down and elbows tucked next to your body. Engage your abdominal muscles and feel your hip crease press into the floor. *Prepare for cobra:* Inhale; curl your upper body off the floor 2 to3 inches as you slowly raise your forehead, nose, chin, shoulders, and chest. Your pelvis remains on the floor. Lift your hands off the floor and feel your lower back muscles being strengthened. Hold for 3 breaths. Make sure your shoulders drop away from your ears. Place hands on the floor. Slowly release your upper body back onto the floor and rest. Turn your head to one side if you'd like. Return your hands beneath your shoulders, elbows bent and tucked next to the body. Engage your abdominal muscles and press both palms into the floor, slowly raising your forehead, nose, chin, shoulders, and chest off the floor. Shoulders are down and away from the ears. Keep your elbows bent at a 45degree angle or less. Your navel remains on the floor. Lengthen your neck and gaze straight ahead. Hold for 3 to 5 breaths. Your upper body remains raised. If it feels comfortable, turn your head to the right and gaze back at your right heel. Hold for a moment. Lower your head and slowly turn it to the other side, gazing at your left heel. Return your head to the center. Exhale and slowly begin lowering your body from the waist, chest, chin, nose, and forehead. **Chopping Wood-** (figure 4) Stand with legs about shoulders-width apart. Keep your knees slightly bent to avoid strain in the lower back. Inhale through your month and raise your arms over your head as if you were holding a hatchet. Bend your knees. Exhale through your month, slightly tucked your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. Inhale and raise your upper body. Continue this “chopping” movement 12 times. Increase the flow of energy by making each exhalation audible. As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs. Return to a standing position and lower your arms. Feel the energy course through your body.

Set Induction: Today your sequences are going to consist of poses concentrate on your abdominal muscles and back. We will start with Pelvic Tilt, Pelvic Lift, Knee Rocking, Boat, Kneeling Lunge, Kneeling Lunge with Twist, and Abdominal Lift

MAF	Extensions	Refinements	Applications
<p>Informing Task: So lets start by lying on your back with hands on abdomen or with arms a comfortable distance from the body, with palms up.</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students standing with feet at least 3 feet apart. • Lying on there backs 	<p>Pelvic Tilt:</p> <ul style="list-style-type: none"> • You can use a folded blanket under your head. 	<p>Pelvic Tilt: It loosens up the lower back, relieves any back strain or tension, and strengthens the abdominal muscles. (figure 5)</p> <ol style="list-style-type: none"> 1. Make sure your chin is not higher than your forehead. If you feel any strain in your neck. 2. Legs are separated about hip-distance apart, with insteps parallel. Knees are bent to help lengthen the lower back. 3. On an exhalation, pull the navel toward the spine. Abdominal muscles are contracted. 4. Inhale and relax the abdominal muscles; on the exhalation, continue to pull your navel toward the spine. 5. Feel increased circulation in the lower back and lengthening of the lumbar (lower) spine as though your tailbone were lengthening toward the front of the room. The buttocks stay on the 	<p>Pelvic Tilt:</p> <ul style="list-style-type: none"> • Repeat 8-10 times

	<p>Knee Rocking:</p> <ul style="list-style-type: none"> Depending on how much flexibility you have in your hips, you may want to sit on a folded blanket. <p>Boat:</p>	<p>floor at all times</p> <p>Knee Rocking: opens the groin muscle and improves flexibility in the hips. It also strengthens the arms, shoulders, and abdominals. (figure 6)</p> <ol style="list-style-type: none"> Sit on the mat with both legs out in front of you and your spine comfortably extended. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your right foot nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms and if you can cradle your left and right hands. Use your back straight and hold the leg as high and close to you as possible without straining. Moving from the hip joint, gently rock your leg back and forth in a sideways motion as though you were rocking a baby. <p>Boat: This pose really works the "power center" the abdominal area. In addition,</p>	<p>Knee Rocking:</p> <ul style="list-style-type: none"> After rocking your leg several times, switch leg positions and repeat with the left leg. <p>Boat:</p>
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	<ul style="list-style-type: none"> • If this is too strenuous initially, keep your knees bent. • If your back begins to round, bend your legs slightly. <p>Kneeling Lunge:</p>	<p>to toning and strengthening the abdominal muscles, thighs, and hip flexors. (figure 7)</p> <ol style="list-style-type: none"> 1. Sit on the floor with your spine erect. Knees are bent; feet are flat on the floor. 2. Bring your arms to the outside of your legs and grasp the backs of your thighs with your hands. 3. Inhale and lean backward, balancing on your sitting bones. The tips your toes remain on the floor. 4. Your pelvis is in a neutral position. Exhale as you draw your navel in. Make sure your spine remains elongated. 5. Inhale and lift your toes off the floor and straighten your legs. 6. When you feel balanced, release your hands from your thighs and straighten your arms alongside your legs, palms facing in. 7. Gaze toward your knees. Breathe. <p>Kneeling Lunge: it lengthens the hip flexors and</p>	<ul style="list-style-type: none"> • Hold for 8 to 10 seconds. <p>Kneeling Lunge:</p>
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	<ul style="list-style-type: none"> • If this is not possible, make two fists and rest on your knuckles. 	<p>can relieve lower back pain. It also stretches the thighs muscles. (figure 8)</p> <ol style="list-style-type: none"> 1. Kneel in “Table Position” with your arms under your shoulders and your knees under your hips. 2. On an inhalation, move your right foot between both hands, then slide it slightly ahead of your hands. 3. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. 4. Slide your foot forward so your shinbone is straight. Make sure your knee is directly over your ankle. Keep your palms flat on the floor. Hang your head forward. 5. Breathe slowly. Feel the stretch across your left thigh through the hip crease into the lower back. 6. Push on the floor with your hands to gently move back and out of the pose. 	<ul style="list-style-type: none"> • Hold for 20 seconds to 1 minute. • Repeat on left side. <p>Kneeling Lunge with Twist:</p>
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Kneeling Lunge with Twist:

Kneeling Lunge with Twist:

Kneeling Lunge with Twist:

	<p>Abdominal Lift:</p>	<p>this added advantage of toning and trimming the waistline. (figure 9)</p> <ol style="list-style-type: none"> 1. Follow from the previous pose steps 1-4. 2. Inhale and raise your upper torso. Place both hands on your right knee. 3. Exhale and deepen the lunge by lowering your hips without pinching the lower back. Make sure your knee remains directly over your ankle. 4. Place your left hand on the outside of your right knee and your right hand on the small of your back or over onto the left hip. 5. Return to center. 6. Bring your palms together in front of your breastbone in Namaste. Slowly rotate your upper body to the right and hook your left elbow outside the right knee. 7. Exhale and gaze back at your right elbow. 8. Return to center. Repeat on the opposite side. <p>Abdominal Lift: This pose</p>	<ul style="list-style-type: none"> • Repeat on the opposite side. • Breathe slowly and hold for 30 to 60 seconds <p>Abdominal Lift:</p>
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		<p>tightly contracting, lifting, and holding the abdominal muscles. The movement of this posture tones the muscles of the abdomen as it stimulates the abdominal and intestinal organs. (figure 10)</p> <ol style="list-style-type: none">1. Stand with your feet a little wider than hip-width apart. Your knees face outward and are slightly bent.2. Place your hands on your thighs with your fingers and thumbs facing in. Bend slightly at the waist.3. Inhale deeply. Exhale all the air completely out of your lungs.4. Lift the abdomen by pulling it in and up into the thoracic cavity, located at your solar plexus, between the navel and the breastbone.5. Keep your abdominal muscles contracted and while holding the breath out, "pump" the abdomen in and out forcefully and rhythmically. Remember that no air should come in or out of your nose or mouth. Continue until you to take an inhalation.	<ul style="list-style-type: none">• Repeat the cycle twice more.
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Informing Task: Now lets begin our cool-down. So let start by sitting in thunderbolt pose with knees slightly apart.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are their knees. 	<p>Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.</p>	<p>Kneeling Yoga Mudra: this stretches and loosens the shoulder, arms, and back; improves the complexion; stimulates the nervous system; and relieve posture and back problems. (figure 11)</p> <ol style="list-style-type: none"> 1. Inhale and raise your arms in front of you, palms down. 1. Exhale and bring your arms to the sides, with elbows high and chest open. 2. Inhale and bring your hands behind your back, palms together. Interlace your fingers. 3. Exhale and lift your tailbone, folding your torso over the thighs. Keeping your neck long and comfortable. 4. Let your clasped hands fall as far from your back as is comfortable. 5. Lower your hips and arms, and return to an upright position. Sit quietly, feeling the effects of this position. <p>Knee Rocking: This pose opens the groin muscles and</p>	<p>Kneeling Yoga Mudra:</p> <ul style="list-style-type: none"> • hold for 30 second to 1 minute. <p>Knee Rocking:</p>

improves flexibility in the hips. It also strengthens the arms, shoulders, and abdominals. (figure 12)

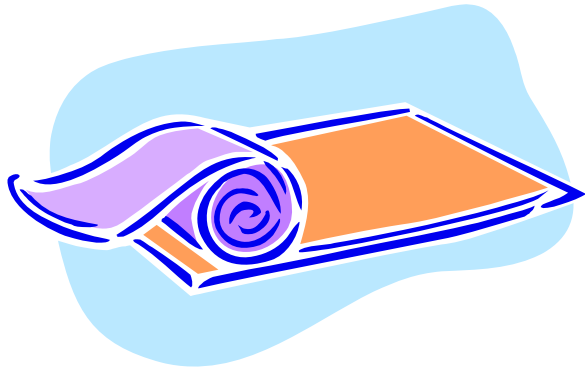
1. Sit on your mats with both legs out in front of you and spine comfortably extended.
2. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your right foot nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms.
3. Use your arm to bring your leg toward your chest and abdomen.
4. Keep your back straight and hold the leg as high and close to you as possible without straining.
5. Moving from the hip joint, gently rock your leg back and forth in a sideways motion as though you were rocking a baby.

Corpse Pose: this is resting pose allows your body and mind to absorb the benefits of the previous poses.

- After rocking your leg several times, switch leg positions and repeat with the left leg.

Corpse Pose:

		<ol style="list-style-type: none">1. Lie flat on your back. Your arms are by your sides, palms up.2. Keep your legs about a foot apart.3. Close your eyes4. Breathe deeply5. Relax	<ul style="list-style-type: none">• Remain in this pose for about 5 minutes.
<p>Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.</p>			



Lesson #17

Picture Poses

Warm-up Poses



Warm-up



Sequences



Sequence



sequence



Cool-down Poses



Cool-Down Pose



**Central Washington University
Yoga Unit
Lesson #18
(Evening Session)**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate

Warm Up Poses:

- a. Knee Hug (figure 1)
- b. Half Shoulder stand (figure 2)
- c. Full Locust (figure 3)
- d. Cobra (figure 4)
- e. Child's Pose (figure 5)

Sequence Poses:

- a. Victory Squat (figure 6)
- b. Separated Leg Stretch (figure 7)
- c. Yoga Mudra (figure 8)
- d. Gate (figure 9)
- e. Balancing the Cat I (figure 10)
- f. Bound Angle (figure 11)
- g. Bent Knee Sitting Forward Bend (figure 12)

Cool Down Poses:

- a. Modified Spinal Twist (figure 13)
- b. Sitting Forward Bend (figure 14)
- c. Full Shoulder stand (figure 15)
- d. Supported Fish (figure 16)
- e. Knee Hug (figure 17)

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- Soft Music CD (ex: rainforest sounds)
- CD Player
- Microphone Headset

Instant Activity: (See Warm Up figures 1-5 at end of lesson) Today we will begin warming up in knee hug. Knee Hug: 1) Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. Bend both knees and bring them to your chest. 2) Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. Gently roll from side to side, massaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. Half Shoulder stand: 1) Lie on your back with your legs extended on the floor, arms by your sides, palms down, head on the floor. Lift your head for a moment and look down your body to make sure it is in alignment. 2) Bend your legs. Inhale and bring your knees toward your chest. Exhale and tighten your abdominal muscles. Inhale and roll your hips above your shoulders. 3) Bend your elbows and use your hands to support your back at the hips. Let your hips rest into your hands. Do not put any weight on your neck or head. Make sure the weight of your body is placed on your upper back. 4) Extend your legs over your head at a comfortable angle, not straight up. You should be able to see your toes. You may also bend your legs if that feels more comfortable. Initially, hold for 15 to 30 seconds. With consistent practice, work up to several minutes. 5) Release by bending your legs and slowly rolling back down. Use your abdominal muscles to help you come down safely. Be gentle with your lower back. Lie on your back and slowly turn your head from side to side a few times. Full Locust: 1) Lie on your stomach with your chin resting on the floor. Legs are slightly apart. Bring your arms out to the sides in a T position. Point your toes and engage the muscles in your legs. 2) Inhale deeply and simultaneously lift your legs, arms, shoulders, and head. Your head may come up in alignment with the arms; however, make sure the back of your neck does not feel pinched. Exhale and bring your arms back slightly as if you were a jet plane. 3) Remain in the posture for several breaths, imagining yourself soaring through the sky. Slowly lower your legs, arms, shoulders, and head. Relax, resting your head to the side for a few moments as you feel the energy stream through your body. Cobra: 1) Lie facedown with your forehead on the mat. Your feet are comfortably close together with the toes pointing. Place your hands beneath your shoulders, palms down and elbows tucked next to the body. Engage your abdominal muscles and feel your hip creases press into the floor. 2) Inhale, curl your upper body off the floor 2 to 3 inches as you slowly raise your forehead, nose, chin, shoulders, and chest. Your pelvis remains on the floor. Lift your hands off the floor and feel your lower back muscles being strengthened. Hold for 3 breaths. Make sure your shoulders drop away from your ears. 3) Place hands on the floor. Slowly release your upper body back onto the floor and rest. Turn your head to one side if you'd like. 4) Return your hands beneath your shoulders, elbows bent and tucked next to the body. Engage your abdominal muscles and press both palms into the floor, slowly raising your forehead, nose, chin, and shoulders, and chest off the floor. Shoulders are down and away from the ears. Keep your elbows bent at a 45-degree angle or less. Your navel remains on the floor. 5) Lengthen your neck and gaze straight ahead. Hold for 3 to 5 breaths. Your upper body remains raised. If it feels comfortable, turn your head to the right and gaze back at your right heel. Hold for a moment. Lower your head and slowly turn it to the other side, gazing at your left heel. Return your head to the center. Exhale and slowly begin lowering your body from the waist, chest, chin, nose, and forehead. Child Pose: 1) Kneel with your buttocks on or near your heels and with your legs slightly apart. Bend from your hips forward and down, folding your upper body onto your thighs. The forehead rests on the floor or on a folded blanket or towel. 2) Place your arms on the floor next to your legs, palms up. If you wish, you can also extend your arms on the floor in front of you, palms down, with elbows relaxed. 3) Let your shoulders round. Breathe deeply and relax. Remain in the pose for 1 to 2 minutes. Raise upper body and return to kneeling.

Set Induction: How many of you like to work out at night rather than in the morning? Today we will be focusing on poses that will help you get an energized workout in the evenings if you ever need to get a good workout in.

MAF	Extensions	Refinements	Applications
Informing Task:			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are standing in Mountain Pose waiting for further instruction. 		<p>Victory Squat: (figure #6)</p> <ol style="list-style-type: none"> 1. Begin in Mountain Pose with arms by your sides. On an inhalation, step to the right so your feet are separated wider than your hips. Toes point out slightly. Exhale and bend your knees. Make sure your knees are over your ankles. 2. Inhale and lift your arms up into a V position. Exhale as you lower and bend your elbows so your upper arms are parallel with the floor at shoulder level and your forearms are straight up, palms facing forward with fingers together. Your forearms and upper arms make a 45-degree angle. 3. Your pelvis is neutral and your shoulders are down and away from the ears. Hold the pose for 4 to 6 breaths. 4. Return to Mountain with your feet under your hips and arms by your sides. Repeat the squat if you can, widen your stance and bend your 	<p>Repeat several times.</p>

		knees a little more, taking care that your knees remain over the ankles.	
<ul style="list-style-type: none"> • Same as above. 		<p>Separated Leg Stretch: (figure #7)</p> <ol style="list-style-type: none"> 1. Stand tall with your spine elongated and feet parallel. Step to the right so your feet are wider than your hips, about 4 feet apart. The wider the feet, the easier the stretch. Your feet face forward and should not be turned out. 2. Inhale and raise your arms to the sides at shoulder height, palms down. Shoulders are relaxed and down away from your ears. Bend your knees slightly to protect your lower back. 3. Exhale and bend forward, hinging at the hips. Chin is tucked, and knees are soft. Slide your hands down the outside of your legs. Grasp your calves, ankles, or heels, if possible. 4. Pull with your arms so that your head moves closer to the floor. Your elbows will bend. Feel 	<p>Repeat the stretch once more. See if your head drops any further toward the floor the second time.</p>

		<p>the strengthening of your upper arms and shoulders. To make sure there is no strain on your neck, nod your head slightly as if saying, "Yes, yes".</p> <ol style="list-style-type: none"> 5. Straighten your back as much as possible. Lift your tailbone slightly, and if it feels comfortable, straighten your legs. Remain in the pose for up to 10 seconds. Breathe 6. Prepare to return to a standing position by pressing your feet firmly into the floor and taking your arms out to the sides of your body. Keep your knees soft, raise your chin, and tighten your abdominal muscles. Come up with your arms out to the sides as if you were an airplane. Once your body is vertical, relax your arms by your sides in Mountain Pose. 	
<ul style="list-style-type: none"> • Same as above. 	<ul style="list-style-type: none"> • If your shoulders are tight, hold a strap between your hands. 	<p>Yoga Mudra: (figure #8)</p> <ol style="list-style-type: none"> 1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you, interlacing the fingers. 2. Bend your knees, tuck 	

		<p>your chin toward your chest, and lower into a forward bend.</p> <ol style="list-style-type: none"> 3. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. Breathe slowly and rhythmically as you hold the pose for 6 counts. 4. On an inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. 5. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Gate: (figure #9)</p> <ol style="list-style-type: none"> 1. Begin in a kneeling position with hands on hips. Exhale and extend your left foot out to the left side. Make sure your leg and foot are in line with the hip. Tighten the muscles along your left leg. 2. Place your left hand on your extended leg. Slide it down toward your foot. Stop where 	

		<p>you are most comfortable.</p> <ol style="list-style-type: none"> 3. On an inhalation, extend your right arm up and over your head. Your palm faces down. Extend out from your waist, feeling a stretch along the right side of the body. 4. Look down toward your left foot. If you feel steady and strong enough, pull in your abdominal muscles slightly and look up toward your raised hand. 5. Breathe deeply and with each exhalation, try to slide your hand a little further toward the foot. Hold for 4 to 6 breaths. On an inhalation, return to center. Repeat the pose on the opposite side. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Balancing the Cat I: (figure #10)</p> <ol style="list-style-type: none"> 1. Begin in cat pose with your knees under your hips and your arms under the shoulders. Focus on a spot on the mat, keeping your neck long. Inhale as you simultaneously lift your right leg straight behind 	<p>Repeat once more on each side.</p>

		<p>you and lift your left arm straight in front of you. You are not aiming for height. What is important is that your left is raised to hip level and your arm is level with the shoulder.</p> <ol style="list-style-type: none"> 2. Extend from the hip and shoulder. Internally rotate your right leg and foot to level the hips. 3. Hold the pose for 30 to 60 seconds before returning to cat pose. Repeat on the opposite side. 	
<ul style="list-style-type: none"> ◆ 30 mats lined up in roll lines. ◆ Students are sitting criss cross applesauce waiting for further instruction. 		<p>Bound Angle: (figure #11)</p> <ol style="list-style-type: none"> 1. Sit with your spine comfortably extended. Roll your shoulders down and away from your ears. Inhale and place the soles of your feet together; interlace your fingers around your toes. 2. Exhale and lower your knees toward the floor without forcing the stretch. Use your exhalations to encourage your knees to drop just a little more. 3. Breathe deeply into the stretch. See if you can allow the groin muscles to relax a little more 	

		with each exhalation. Don't bounce or strain. Hold the pose for 5 to 10 breaths.	
◆ Same as above.		<p>Bent Knee Sitting Forward Bend: (figure #12)</p> <ol style="list-style-type: none"> 1. Sit with your spine erect. Extend your right leg. Bend your left leg at the knee and press the sole of your foot into the inner thigh of the extended right leg. 2. On an inhalation raise your arms up over your head, with palms facing each other. Exhale, fold your upper body toward the thigh of your extended leg, hinging at the hips. 3. Your back should be straight and not rounded, with the spine extended. Continue bending forward and stop when your upper back begins to round. 4. Bend the extended right leg and hold onto the ball of the foot. Relax. Breathe into the stretch. Use your inhalations to help extend the spine by directing your breath to the upper chest. Feel yourself lift out of your waist. 	

		<p>5. Exhale. On an inhalation, extend the spine and feel the lower back muscles stretch. Hold for 4 to 6 breaths. On an inhalation return to an upright position and release the bent leg. Repeat to the other side.</p>	
<p>Informing Task: We will now begin our sequence. When I say “Go”, please begin flowing in the sequence at your own pace. “Go”.</p> <ol style="list-style-type: none"> 1. Victory Squat 2. Separated Leg Stretch 3. Yoga Mudra 4. Gate 5. Balancing the Cat I 6. Bound Angle 7. Bent Knee Sitting Forward Bend 			
<p>Informing Task: We will now begin our cool down. When I say “Go” please join me sitting with your legs extended and wait for further instruction. “Go”.</p>			
<p>◆ Same as above.</p>		<p>Modified Spinal Twist: (figure #13)</p> <ol style="list-style-type: none"> 1. Sit with your spine extended. Legs are straight on the floor in front of you. If your sitting bones lift off the floor, use folded blankets to elevate your hips. 2. Bend your right knee and place the sole of your right foot to the outside of your left knee. Maintain an extension through the spine. Wrap your left arm around the bent 	

		<p>right knee. Place your right hand on the floor by your hip or buttock.</p> <ol style="list-style-type: none"> 3. Use your right arm to help create an extension in the spine. Inhale and press into the right palm, extending out through the crown of the head. 4. Exhale; engage the abdominal muscles and rotate your upper body slowly to the right. With each inhalation, create an extension in your spine. On and exhalation, engage your abdominal muscles and slowly turn your body little more to the right without straining the lower back. Hold for up to 1 minute 5. Release and return to center. Repeat on the left side. 	
<p>◆ Same as above.</p>		<p>Sitting Forward Bend: (figure #14)</p> <ol style="list-style-type: none"> 1. Sit with your spine extended. Lean forward, tipping your pelvis toward your thighs, if your back rounds, sit on a folded blanket or towel to maintain the proper curve in your lower 	

		<p>back. Feet should be perpendicular to the legs.</p> <ol style="list-style-type: none">2. Bend your knees, and on an inhalation, reach down and hold onto your shin, ankle, or the balls of your feet.3. Exhale and begin to straighten your legs, bringing your upper body toward your thighs. Your back is straight and spine is lengthened. Knees remain slightly bent.4. You may also loop a tie or scarf around the soles of your feet. Hold the ends of the scarf with your hands, keeping your knees slightly bent to feel the stretch in the lower back. Gently pull on your feet or scarf as you exhale and continue lowering your upper body toward your thighs.5. Relax, and with each exhalation allow your chest to sink towards your thighs without rounding your back, if you feel your back begin to round, stop. Look forward and out	
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		<p>as you extend your upper body, keeping your neck in line with the spine.</p> <p>6. Breathe rhythmically. Do not strain. Hold for 5 to 10 breaths.</p>	
<p>◆ Same as above.</p>	<p>If you find discomfort in your neck. Fold firm blankets and place them under your neck, shoulders, and mid back initially, place the top of your shoulders from 3 inches from the edge of the blankets.</p>	<p>Full Shoulder stand: (figure #15)</p> <ol style="list-style-type: none"> 1. Lie on your back, with your legs extended on the floor, arms by your sides and palms down. 2. Bend your legs. Inhale, Exhale and bring your knees toward your chest. Your shoulders should now be positioned at the edge of the blankets, leaving sufficient room so that your neck is not compressed. 3. Inhale again and roll your hips over the shoulders. Walk your shoulder blades toward one another. Bend the elbows. Use your hands to support your back at the waist. 4. When you feel ready, extend your legs up vertically. Bring your hands higher on your back and move your elbows closer together. 5. Stretch your legs and 	

		<p>straighten your back. Do not move your head. Hold for 15 seconds to a few minutes, depending on your comfort level.</p> <p>6. Release slowly by bending the legs and rolling the back down.</p>	
◆ Same as above.		<p>Supported Fish: (figure #16)</p> <ol style="list-style-type: none"> 1. Lie on your back, with legs extended and close together. Place a pillow under your knees. Place a bolster on the floor for your shoulder blades to rest on and a folded towel or blanket for your head. 2. Lift your upper body onto your elbows and slowly lower your upper body so your shoulder blades rest on the bolster and the top of your head rests on the towel. 3. Release your arms and bring your hands by your sides, a few feet from your body, palms facing up. Remain in this relaxing, expansive pose for as long as you wish. 	Stay in this pose for 3 to 5 minutes.
◆ Same as above.	For a variation: Unfold your arms and place your hands on your knees. Part	<p>Knee Hug: (figure #17)</p> <ol style="list-style-type: none"> 1. Lie on your back with your head resting 	

	<p>your knees slightly and make slow circles with them, massaging your hips and sacrum into the floor.</p>	<p>comfortably on the floor. Make sure your chin is not higher than your forehead, if you feel any strain in your neck; place a folded blanket or towel under your head.</p> <ol style="list-style-type: none"> 2. Bend both knees and bring them to your chest. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. 3. Gently roll from side to side, massaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 4. Allow your movements to be slow and gentle. Your head stays on the floor at all times. 	
<p>Informing Task: We are now moving into final relaxation. Go ahead and get into a comfortable position and relax. Reflect on how your body felt before you came to class, and how it feels now.</p>			
<p>Closure: You all are doing so great. Thank you for a great class period. Don't forget to write in your journals. Have a great day.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13

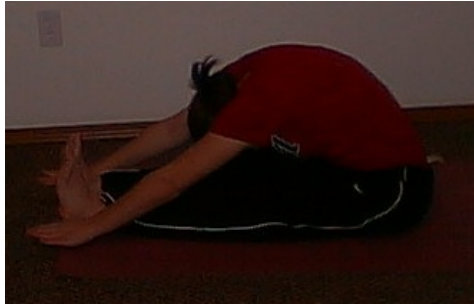


FIGURE 14



FIGURE 15

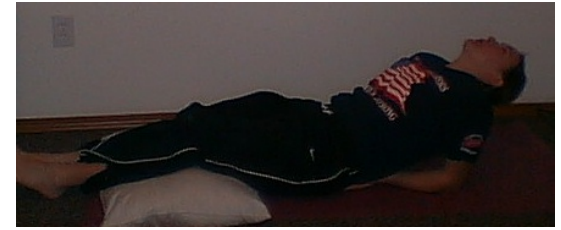


FIGURE 16



FIGURE 17

**Yoga Unit
Lesson #19
Yoga Arms & Shoulders**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Poses that mainly focuses on their Arms and Shoulders

Warm-up:

- a. Shoulder shrugs, circles, and twist (figure 1.1, 1.2, & 1.3)
- b. Spinal Rocking (figure 2.1 & 2.2)
- c. Head of Cow (figure 3)
- d. Kneeling Yoga Mudra (figure 4.1 & 4.2)
- e. Treading the needle (figure 5.1 & 5.2)

Sequence:

- a. Dancer's Pose (figure 6.1 & 6.2)
- b. Triangle (figure 7.1 & 7.2)
- c. Balancing Stick Pose (8.1 & 8.2)
- d. Standing Side Stretch (figure 8.1 & 8.2)
- e. Turtle (figure 10)

Cool-down:

- a. Knee Rocking (figure 11)
- b. Knee Hug (figure 12)
- c. Corpse Pose (figure 13)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Warm-up: Okay class lets start by sitting on your mats in a comfortable position. Now lets begin your warm-up our 1st pose is **Shoulder Shrugs, Circles, and Twist (figure 1.1, 1.2, & 1.3):** 1.) Bring both shoulders up toward your ears as high as you can. Exaggerate the shrug and accentuate the holding. 2.) Release, letting shoulders drop back and down. 3.) Repeat a few times. 4.) Bend both elbows and lightly place your fingertips on top of your shoulders. 5.) Rotate your elbows as though you were drawing small circles on the wall. 6.) Circle 5 times in one direction; reverse direction and circle 5 times. 7) Drop your arms. As you breathe deeply, focus on how relaxed your neck and shoulders feel. 8) Inhale and exhale while, slowly and with control, turn your upper torso and head to the right. Hold for a few seconds. 9) inhale and return to the center. Exhale and slowly turn your upper torso and head to the left and hold for a few seconds. 10) Inhale and return to the center. **Spinal Rocking (figure 2.1 & 2.2):** 1) Lying on your back, bring your knees into your chest and place your hands beneath the knees. Slowly bring your forehead toward your knee. 2) From this position, begin to rock 2 to 3 inches forward and back, messaging your spine. 3) If your spine is flexible enough, inhale and rock up onto your sitting bones. Exhale, keep your chin and chest, and rock back only on your upper back and shoulders, not your neck or head. 4) Continue rocking for 4 to 6 breaths. **Head of Cow (figure 3):** 1) Sit in any comfortable position on your mat. Make sure your back is straight with your spine comfortably extended. 2) With your left hand, reach behind your back from below; the palm are turned out, away from your body. Bend at the elbow, moving your hand up toward the center of you back as high as you can without straining. 3) Raise your right arms beside your right ear. Bend at the elbow and reach over your right shoulder. Try to interlock or touch your fingertips. 4) Keep your body erect. Your right elbow should point straight up, not forward; your upper arm should be as close to your ear as possible. 5) Breathe normally. Hold the position for 8 or 10 seconds. Unlock hands and let your arms fall to the sides of your body. Shake out your hands and shrug your shoulders. 6) Repeat on other side. **Kneeling Yoga Mudra (figure 4.1 & 4.2):** Sit in thunderbolt with knees slightly apart. 1) Inhale and raise your arms in front of you, palms down. 2) Exhale and bring your arms to the sides, with elbows high and chest open. 3) Inhale and bring your hands behind your back, palms together. Interlacing your fingertips. 3) Exhale and lift your tailbone, folding your torso over your thighs. 4) Let your clasped hands fall as far from your back. 5) Only if your neck permits, lift your hips and come onto the crown of your head. 6) Hold for 30 seconds to 1 minute. 7) Lower your hips and arms, and return to an upright posture. **Threading the Needle (figure 5.1 & 5.2):** Begin in a table position, with arms under shoulders and knees under hips. 1) Imagine that your right hand holds a needle and long thread. Inhale and lift your right arm out to the side and then up toward the ceiling; if your neck permits, allow your gaze to follow your hand. 2) Exhale and thread the imaginary needle through the space under your left arm. Allow your right shoulder, upper arm, and side of the face to “melt” into the floor. 3) Remain in this position for several seconds. Let your breath help you soften further into the pose. 4) For an added stretch, raise your left arm toward the ceiling. If your neck feel okay, look up at your raised hand. 5) Make small, slow clockwise circles, gradually increasing in size; then reverse the direction. 6) Slowly return to “table position” on the other side.

Set Induction: Okay today class your sequences is going to consist of poses that concentrate on your arms and shoulders. The sequence pose that we will doing are standing side stretch, dancer’s pose, triangle, balancing stick, and gate.

MAF	Extensions	Refinements	Applications
Informing Task: So now let start by standing erect with your spine elongated and your feet hip-width apart.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students standing with feet at least 3 feet apart. 	<p>Dancer’s Pose: this pose strengthens and tones the legs and tightens the muscles of upper arms, buttocks, and hips.</p> <p>1. Shift your weight onto your left foot.</p>	<p>Dancer’s Pose:</p>	<p>Dancer’s Pose:</p>

	<p>2. Inhale and raise your left arm with the palm facing forward, hold your arm close by your left ear.</p> <p>3. Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle.</p> <p>4. The sole of your right foot faces up; your right knee points down.</p> <p>5. Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower upper torso and left arm until nearly horizontal with the floor. Hinge at the waist.</p> <p>6. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling.</p> <p>7. On inhalation, raise your upper torso and release your right leg and arms.</p> <p>(Figure 6.1 & 6.2)</p> <p>Triangle: Improves flexibility of the torso, elongated and straightens the spine, opens the hip area, and strengthens the arms, legs, and feet.</p> <ol style="list-style-type: none"> 1. Stand with your feet separated about 3 feet apart or the length of one leg. 2. Turn your right foot out 90 degrees; turn your left foot in about 30 degrees. 3. As you inhale, stretch your arms out from your 	<ul style="list-style-type: none"> • If it's comfortable, you may grasp your leg with the palm facing in. • Don't be concerned with height of your raised leg- go for the stretch and balance. <p>Triangle:</p>	<ul style="list-style-type: none"> • Breathe deeply and hold the pose for 10 seconds. • Do the pose on the opposite side, then repeat on each side once more. <p>Triangle:</p>
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	<p>shoulders so they form a T.</p> <ol style="list-style-type: none"> 4. Exhale and bend slowly to the right. 5. Lower your left arm to your right shin and extend your left arm up toward the ceiling. 6. Make sure your shoulders are in alignment, as though stacked over your right knee. Maintain an extension of the spine. 7. Look up at your thumb of you can without straining. Breathe in and out slowly. 8. As the left side of your body relaxes and opens up, slide your right hand further down your leg. To make sure your upper body stays in proper alignment, imagine you are sliding between two pieces of glass. 9. Release, “pinwheel” your arms back up to a standing position. <p>(figure 7.1 & 7.2)</p> <p>Balancing Stick Pose: it tones and firms your legs, hips, buttocks, shoulders, and arms as it increases circulation and works the heart.</p> <ol style="list-style-type: none"> 1. Stand with your feet together. Raise your arms over your head, palms together 2. Inhale and step forward 	<ul style="list-style-type: none"> • Feel your endurance grow. Envision yourself as strong, stable, immobile triangle. <p>Balancing Stick Pose:</p> <ul style="list-style-type: none"> • If it feels comfortable, cross your thumbs 	<ul style="list-style-type: none"> • Hold for several breaths. • Rest and then reverse the pose. <p>Balancing Stick Pose:</p>
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	<p>about a foot with your left leg. Point your right toe and rest it lightly on the floor behind. Your heel should be lifted.</p> <p>3. Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hips as your right leg lifts up straight behind you and outstretched your arms lowering down in front of you. Your hips should be level. Viewed from the side it should look like a “T”.</p> <p>4. Lower your right leg and raise your arms, returning to start position. Check to sure your shoulders are down away from your ears. Lets repeat on the other side. (figure 8.1 & 8.2)</p> <p>Standing Side Stretch: This pose stretches and tones the hamstring muscles, shoulders, and arms.</p> <p>1. Stand with your spine elongated and your feet about 3 feet apart.</p> <p>2. Join your palms together behind your back in Namaste.</p> <p>3. Rotate your right foot and entire upper body to the right so it is directed over your right leg. See that your right so it is directed over your right leg. See that your knee is centered over the shinbone and not torqued to</p>	<ul style="list-style-type: none"> • If your balance is a challenge, let your fingers rest lightly on high-backed chair. <p>Standing Side Stretch:</p> <ul style="list-style-type: none"> • If this not possible, place your palms on opposite elbows or wrist. 	<ul style="list-style-type: none"> • Breathe normally and hold for 10 seconds • Do this pose 4 times. <p>Standing Side Stretch:</p>
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	<p>the left or right.</p> <ol style="list-style-type: none"> 4. Engage your right thigh to feel a lifting of the kneecap. 5. Exhale. Slowly bend forward from your hips, engaging your abdominals. Fold over your right leg. 6. Press evenly into the soles of your feet and feel yourself easing slowly into the part of the pose that feels perfect for you. 7. Allow your head to be heavy. Keep your chin tilted toward your chest and your hips parallel. Breathe deeply. With each exhalation, attempt to release further into the pose. 8. Come up slowly, keeping your abdominals engaged. Lift your chest 3 inches to flatten your back. Press evenly into both feet and continue to raise the upper body. Your head comes up last. 9. Return to center. <p>(Figure 9.1 & 9.2)</p> <p>Turtle: This pose stretches and increasing flexibility in the upper thighs and groin muscles. Also increasing suppleness in the knees and hips and release tension in the back, shoulders and neck.</p> <ol style="list-style-type: none"> 1. Sit with your back straight, spine comfortably extended. Roll your shoulders down and away from your ears. 2. Inhale and bend both legs. Separate your legs more than hip-distance apart. Exhale and 	<ul style="list-style-type: none"> • If you need support, give yourself permission to bring your hands around to the front and onto the floor or lower your legs. <p>Turtle:</p>	<ul style="list-style-type: none"> • Repeat on other side. <p>Turtle:</p>
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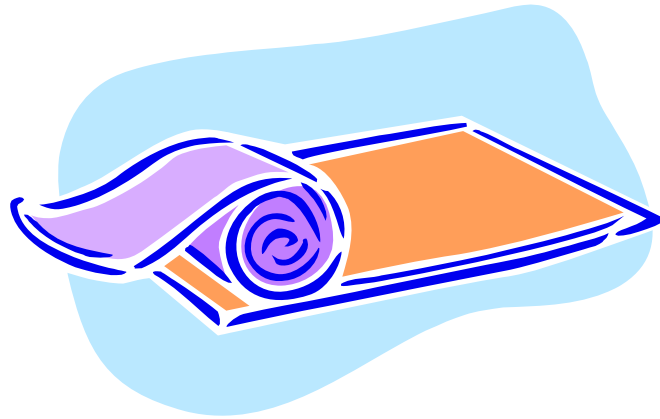
	<p>allow your knees to lower toward the floor without straining, forcing, or bouncing. Allow the groin muscles to open gradually.</p> <p>3. Thread your right arm along the floor under the right calf muscle, followed by the left arm under the left calf. Palms are flat on the floor.</p> <p>4. Bend your upper body forward, rounding your back. Let your head hang heavy, with chin to chest. If it feels comfortable, allow your forearms to rest on the floor.</p> <p>5. Breathe deeply into the stretch. See if your groin muscles will let go a little more with each exhalation.</p> <p>6. To release, inhale and bend your knees, bringing your arms out in front. Press your palms into the floor and walk your hands back toward your inner to help lengthen your spine.</p> <p>(Figure 10)</p>	<ul style="list-style-type: none"> • For more of a challenge stretch, bring the soles of your feet together, if it's comfortable. 	<ul style="list-style-type: none"> • Hold for 10 to 12 seconds
<p>Informing Task: Now lets start getting ready for your cool-down. Still sitting on your mats</p>			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 	<p>Knee Rocking:</p> <ul style="list-style-type: none"> • Depending on how flexibility you have in your hips, you may want to use towel. 	<p>Knee Rocking: This pose opens the groin muscles and improves flexibility in the hips. It also strengthens the arms, shoulders, and abdominals.</p> <ol style="list-style-type: none"> 1. Sit on your mat with both legs out in front of you and your spine is comfortably extended. 2. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your 	<p>Knee Rocking:</p>

	<p>Knee Hug:</p> <ul style="list-style-type: none"> • If you feel any strain in your neck, place a folded towel under your neck. • For a variation, unfold your arms and place your hands on your 	<p>right foot nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms and if you can, clasp your left and right hand.</p> <ol style="list-style-type: none"> 3. Use your arm to bring straight and hold the leg as high and close to you as possible without straining. 4. Moving from the hip joint, gently rock your back and forth in a sideways motion as though you were rocking a baby. <p>(Figure 11)</p> <p>Knee Hug: this stretches the lower back muscles while massaging the entire back and lower abdominal organs.</p> <ol style="list-style-type: none"> 1. Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. 2. Bend both knees and bring them to your chest. 3. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. 4. Gently roll from side to side, massaging the lower back. Your head rests 	<ul style="list-style-type: none"> • After rocking your several times, switch leg position and repeat with the left leg. <p>Knee Hug:</p>
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	<p>knees. Part your knees slightly and make slow circles with them, messaging your hips and sacrum into the floor.</p> <p>Corpse Pose:</p> <ul style="list-style-type: none"> • If you feel any discomfort in your back, you can place a towel. 	<p>comfortably on the floor and moves in the same direction as the body.</p> <ol style="list-style-type: none"> 5. Allow your movements to be slow and gentle. Your head stays on the floor at all times. <p>(figure 12)</p> <p>Corpse Pose: This is a resting pose allows the body and mind to absorb the benefits of the previous poses.</p> <ol style="list-style-type: none"> 1. Lie flat on your back. Your arms are by your sides, palms up. 2. Keep your legs about a foot apart. 3. Close your eyes 4. Breathe deeply 5. Relax <p>(figure 13)</p>	<p>Corpse Pose:</p> <ul style="list-style-type: none"> • Remain in corpse for about 3 to 5 minutes.
<p>Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.</p>			

Lesson #19

Pictures Poses



Warm-up Poses



Figure 1.1 Shoulder shrugs, circles, and twist



Figure 1.3 Shoulder shrugs, circles, and twist



Figure 1.2 Shoulder shrugs, circles, and twist

Warm-up Poses



Figure 2.1
Spinal Rocking



Figure 2.2
Spinal Rocking



Figure 3
Head of Cow

Warm-up Poses

Figure 4.1 Kneeling Yoga Mudra



Figure 4.2 Kneeling Yoga Mudra

Figure 5.1 Threading the Needle



Figure 5.2 Threading the Needle

Sequence Poses



Figure 6.1
Dancer's Pose



Figure 7.1
Triangle pose



Figure 6.2 Dancer's Pose



Figure 7.2
Triangle Pose

Sequence Poses



Figure 8.1
Standing Side
Stretch



Figure 9.1
Standing Side
Stretch



Figure 9.2 Standing
Side Stretch



Figure 8.2 Balancing Stick



Figure 10
Turtle

Cool-down Poses



Figure 11
Knee Rocking



Figure 13 Corpse Pose



Figure 12 Knee Hug

**Central Washington University
Yoga Unit
Lesson #20
Class-Teach-Class**

Objectives

A. Student (NASPE 1, 2, 3, 5. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate knowledge of different yoga poses.

Warm-Up:

#1 Student will demonstrate the knowledge of warm up poses.

Sequence:

#2 Student will demonstrate the knowledge of sequence poses.

#3 Student will demonstrate the knowledge of sequence poses.

Cool Down:

#4 Student will demonstrate the knowledge of cool down poses.

2. Teach the class their own sequence.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Instant Activity: Student #1 will teach the class the warm up, using proper warm up poses. (See Appendix # for rubric)			
MAF	Extensions	Refinements	Applications
Informing Task: Now it is time for student #2 to lead us in their sequence. (See next page for rubric)			
Informing Task: Now it is time for student #3 to lead us in their sequence. (See next page for rubric)			
Informing Task: Now it is time for student #4 to lead the class in the cool down, using proper cool down poses. (See next page for rubric)			
Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.			
Closure: Well done today class. All of your sequences were very good. I can't wait to see what everyone else will teach us. Have a great day. Don't forget to write in your journals.			

**Yoga Unit
Lesson #21
Morning Session Sequence**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Warm-up:

- a. Breath of Fire
- b. Knee Hug (figure 1)
- c. Trunk Rotations (Figure 2)
- d. Leg Lift (figure 3.1, 3.2, & 3.3)
- e. Spinal Rocking (figure 4)

Sequence:

- a. Cat and Dog Stretch (figure 5.1 & 5.2)
- b. Side-to-Side Stretch (figure 6)
- c. Head of Cow (figure 7)
- d. Downward dog (figure 8)
- e. Inclined Plane (figure 9)
- f. Kneeling Lunge (figure 10.1 & 10.2)
- g. Modified camel (figure 11.1 & 11.2)
- h. Child Pose
- i. Archer's Pose (figure 12)
- j. Yoga Mudra (figure 13)

Cool-down:

- a. Chair (figure 14)
- b. Standing on toes (figure 15)
- c. Tree (figure 16)
- d. Mountain Pose (figure 16)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- 30 towels
- Soft Music

Warm-up: Today lets start by sitting on your mats with your spine comfortably extended. Keep your eyes closed or downcast. The first thing we are going to work is breathing and the breathing technique is called **Breath of Fire:** 1) Inhale. 2) Exhale vigorously by pulling back your abdominals. This will cause a short, forceful expulsion of air through the nose. Imagine that your exhalations could blow out the flame of a candle. 3) Repeat with a steady, quick series of 20 exhalations. 4) Stop and allow the breath to return to normal. Repeat with another set of 20 exhalations. Gradually increase to 3 sets of 20 exhalations. **Knee Hug (Figure 1):** 1) Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. 2) Bend both knees and bring them to your chest. 3) Wrap your arms around both shins, grasping your forearms or wrist. Lightly squeeze your legs. 4) gently roll from side to side, messaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 5) Allow your movements to be slow and gentle. Your head stays on the floor at all times. **Trunk Rotation (figure 2):** 1) lying on your back with legs extended about hip-distance apart. Make sure your chin is not higher than your forehead. 2) Bend your legs and bring both knees to your chest. 3) Extend your arms to each side in a “T” position, palms turned up. 4) Inhale. On an exhalation, bring your legs 3 to 5 inches to the right, while turning your head slowly to the left. Keep your legs close together. Don’t allow the sides of your legs to touch the floor. Keep your abdominals and the muscles along the sides of your body engaged. 5) Inhale and use your inhalation to help raise your knees and head back to the center. Exhale in a controlled manner, and let your knees go to the right, while your head turns to the left. Again, don’t let your legs touch the floor. 6) Alternate sides 8 to 10 times. **Legs Lifts (Figure 3.1, 3.2, & 3.3):** Lying on your back with both legs extended on the floor. Bend your left leg, ensuring that your lower back does not arch. 2) Inhale and lift your straight right leg, with the bottom of the foot parallel to the ceiling, as far as you comfortably can. 3) Using both hands, vigorously massage the hamstring muscle at the back of your thigh for about 10 seconds. 4) Lower your hands to the calf muscle and gently pull back on the leg. Don’t allow your hip or buttock to lift off the floor. 5) Release the leg. Exhale and slowly begin to lower your straight leg. Point your toes as you lower the leg to within a few inches from the floor. 6) Just before your heel touches the, inhale and flex the toes toward the ceiling as you slowly raise the leg back up. Continue 8 to 10 times with the same leg, pointing the toes as you lower your leg and flexing your toes as you raise it back up. 7) On the last repetition. Lower your leg to a few inches from the floor, flex your toes back toward your shin, press out through the heel and lightly touch the top of your thigh with your fingers. 8) Lower your leg. Now straighten both legs on the floor and compare how they feel. Now lets repeat with the opposite leg. **Spinal Rocking (figure 4):** 1) Lying on your back, bring your knees into your chest and place your hands beneath the knees. Slowly bring your forehead toward your knees. 2) From this position, begin to rock 2 to 3 inches forward and back, messaging your spine. 3) Inhale and rock up into your sitting bones. Exhale, keep your chin toward the chest, leaving space between your chin and chest, and rock back only onto your upper back and shoulders, not onto your neck or head. 4) Continue rocking for 4 to 6 breaths.

Set Induction: Today sequence is called Morning session. This sequences is to help wake-up and start your day with feeling relax through out your day.

MAF	Extensions	Refinements	Applications
Informing Task: Now lets begin your sequences. So now let kneel in “table position” with knees under hips and arms beneath your shoulders.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are kneeling in a “table position” 	Cat and Dog Stretch:	Cat and Dog Stretch: Stretches the muscles along your back, neck, and arms; and improve circulation. It is important to maintaining good posture and overall well-being.	Cat and Dog Stretch:

	<p>Side-to-Side Stretch:</p> <ul style="list-style-type: none"> • Don't strain. Feel a gentle stretch on the right side of the body. 	<ol style="list-style-type: none"> 1. In the table position. Your back is flat, and your head faces downward to create an extension in the back of the neck. 2. Exhale and slowly drop your head and tailbone. Arch your back and exhale further as you pull your navel up toward your spine. Imagine you are a hissing cat. 3. Inhale and slowly raise your head and tailbone, letting your abdomen move toward the floor. Your back is now curved in a subtle swayback position. Look up slightly without overextending the neck. Imagine you are a friendly dog. 4. As your spine warms up, deepen your inhalations and exhalations. <p>(Figure 5.2 & 5.2)</p> <p>Side-to-Side Stretch: This movement keeps the spine flexible and stretches the muscles along the sides of the upper torso.</p> <ol style="list-style-type: none"> 1. Still in table position with your knees under hips and arms beneath the shoulders. Your back is straight, and your head faces downward. 2. Turn your head to the left so that you are looking behind you. At 	<ul style="list-style-type: none"> • Continue alternating, moving slowly between cat and dog 10 times. <p>Side-to-Side Stretch:</p>
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	<ul style="list-style-type: none"> • Feel a gentle stretch on the left side of your body. <p>Head of Cow:</p> <ul style="list-style-type: none"> • You may also do this pose from a standing position, with your feet about hip-distance apart. • If it is difficult to interlock to touch your fingertips, grasp one end of a towel with your raise hand. Let the towel hang down your back and grasp the loosen end with your other hand. 	<p>same time, move your lower body to the left so that your body is in the shape of a comma.</p> <ol style="list-style-type: none"> 3. Now reverse the stretch so you are making a comma of your body on the right side. <p>(Figure 6) Head of Cow: Stretches the spine, arms, shoulders, and neck and relieve tension in the upper back and shoulders. It also improves lung capacity.</p> <ol style="list-style-type: none"> 1. Sit in any comfortably position on your mat. Make sure your back is straight with your spine comfortably extended. Shoulders are relaxed and away from your ears. 2. With your left hand, reach behind your back from below; the palm is turned out, away from your body. Bend at the elbow, moving your hand up toward the center of your back as high as you can without straining. 3. Raise your right arm beside your right ear. Bend at the elbow and reach over your right shoulder. Try to interlock the fingers of both hands to touch the fingertips. 4. Keep your body erect. Your right elbow should 	<ul style="list-style-type: none"> • Alternate 5 times on each side. <p>Head of Cow:</p> <ul style="list-style-type: none"> • Breathe normally. Hold the position for 8 to 10
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	<ul style="list-style-type: none"> • Release the lower end of the towel. <p>Downward Dog:</p> <ul style="list-style-type: none"> • If you can raise your left leg straight up toward the ceiling. Don't allow the left hip to raise higher than the right hip. Rotate your left foot a few times in one 	<p>point straight up, not forward; your upper arm should be as close to your right ear as possible.</p> <ol style="list-style-type: none"> 5. Unlock hands and let your arms fall to the sides of your body. Shake out your hands and shrug your shoulders. <p>(figure 6)</p> <p>Downward Dog: aligns the spinal column, releases tension in the shoulders, and strengthens the arms and legs.</p> <ol style="list-style-type: none"> 1. Begin in table position, with your arms under your shoulders and your knees under your hips. 2. Inhale; tuck your toes under. Exhale; straighten your legs. Initially, keep your knees slightly bent to help extend the spine. 3. Push your palms down into the floor. Press your chest toward your thighs and shin. Visualize your tailbone extending toward the ceiling. Allow your ears to touch your upper arms so that your neck is free of tension. 4. Keeping one knee bent, allow the heel of the other foot to process toward on the floor; alternate one leg and then other for several breaths. <p>(Figure 7)</p>	<p>seconds.</p> <p>Downward Dog:</p> <ul style="list-style-type: none"> • Breathe deeply as you hold the pose for 20 to 30 seconds. Heels may be off the floor.
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	<p>direction and then the other. Alternate flexing your left foot and pointing your toes several times. Return your left to the floor. Raise your right leg, performing the same foot stretches. Lower your leg and return to table position.</p> <p>Incline Plane:</p> <ul style="list-style-type: none"> • If you have any neck problems keep problems keep your chin tucked slightly towards your chest. <p>Kneeling Lunge:</p>	<p>Incline Plane: Stretches and lengthens the entire front of your body as it strengthens the wrist, arms, and shoulders. It firms the buttocks and thigh muscles.</p> <ol style="list-style-type: none"> 1. Sit on the floor with your legs extended. Your palms are flat on the floor behind you, fingers pointing away from your back. 2. Lean back onto your palms. Inhale and raise your hips toward the ceiling. Contract the abdominals and the buttocks. 3. Exhale and slowly drop your head back. 4. Bring your head up and gaze down at your feet. 5. Lower your hips 6. Bring your arms to your sides and shake out your hands. <p>(Figure 9) Kneeling Lunge: it lengthens the hip flexors and can relieve lower back pain. It also</p>	<p>Incline Plane:</p> <ul style="list-style-type: none"> • Hold for several breaths. • Hold for a few seconds. <p>Kneeling Lunge:</p>
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	<ul style="list-style-type: none"> If this is not possible, make two fists and rest on your knuckles. <p>Camel:</p> <ul style="list-style-type: none"> You can stay at this 	<p>stretches the thighs muscles.</p> <ol style="list-style-type: none"> Kneel in “Table Position” with your arms under your shoulders and your knees under your hips. On an inhalation, move your right foot between both hands, and then slide it slightly ahead of your hands. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. Slide your foot forward so your shinbone is straight. Make sure your knee is directly over your ankle. Keep your palms flat on the floor. Hang your head forward. Breathe slowly. Feel the stretch across your left thigh through the hip crease into the lower back. Push on the floor with your hands to gently move back and out of the pose. <p>(figure 10.1 & 10.2) Camel: This pose gives an intense stretch to the front of the body and the spine.</p> <ol style="list-style-type: none"> Kneel with legs hip-width apart. Place your hands on either side of your lower back, fingers pointing down. 	<ul style="list-style-type: none"> Hold for 20 seconds to 1 minute. Repeat on left side. <p>Camel:</p>
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	<p>point until you feel comfortable with the pose.</p> <ul style="list-style-type: none"> • If you don't feel comfortable you can keep your hand at your back instead moving down to your heels, but still lean back. • More advanced you may wish to perform the pose with the tops of your feet resting on the floor, hands grasping the heels. Breathe and hold the pose 5 to 30 seconds. Then rest in child pose. <p>Archer's Pose:</p>	<ol style="list-style-type: none"> 2. Engage the abdominal muscles and move your hips forward as though they were pressing against an imaginary wall. Keep your neck in line with your spine and lift your chest upward. 3. Curl your toes under to raise your heels. Engage your abdominals. 4. Inhale and lift your chest. Exhale and slowly bend your torso backward, sliding your hands down your buttocks and the back of your legs and onto your raised heels. 5. Continue to monitor your neck. You may want to keep your chin tucked slightly toward you chest. 6. Inhale. Exhale as you continue to push the fronts of your thighs, hips, and abdomen forward. 7. Come out by releasing one hand at a time. 8. Resting in child pose (figure 12). <p>(figure 11.1 & 11.2)</p> <p>Archer's Pose: This poses strengthens the nerves and the legs muscles, opens the shoulder joints and chest, and</p>	<ul style="list-style-type: none"> • Breathe and hold the pose for 5 to 30 seconds. • Rest in this pose for 30 seconds to minute. <p>Archer's Pose:</p>
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	<ul style="list-style-type: none"> • If you want to you can lower your hips so that your right thigh is parallel to the floor. 	<p>increases concentration and focus.</p> <ol style="list-style-type: none"> 1. Stand with your spine erect and your feet about 3 feet apart. Your shoulders are down and away from your ears. 2. Turn your right foot out 90 degrees; turn your left foot about 30 degrees. 3. Keep your hips and shoulders facing forward. Bend your right knee so that it is directly over the ankle. 4. Make a fists and bring them to your upper chest. Straighten your right arm and look in that direction. Imagine there is a large bow in your right hand; with your left hand, pull back on the string. Make sure left shoulder doesn't round forward. 5. Bend your right knee a little more and sink down, keeping your gaze fixed on the target. Keep your right knee positioned over your right ankle. 6. Breathe slowly and deeply in to the center of your chest. Engage your abdominals 20% and pull back more with your left hand. make sure your shoulders remain 	<ul style="list-style-type: none"> • Hold for a minute.
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	<p>Yoga Mudra:</p> <ul style="list-style-type: none"> • If your shoulders are tight, hold a towel between your hands. 	<p>down and away from your ears.</p> <p>7. Lower your arms and straighten your legs. (figure 13)</p> <p>Yoga Mudra: This pose loosens the shoulders, arms, and spinal column, and improves posture and back problems.</p> <ol style="list-style-type: none"> 1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you interlacing the fingers. 2. Bend your knees, tuck your chin toward your chest, and lower into a forward bend. 3. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. 4. On a inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. 5. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 6. Feel the release of tension in your neck, shoulders, and back. <p>(figure 14)</p>	<ul style="list-style-type: none"> • Reverse direction and repeat on the other side. <p>Yoga Mudra:</p> <ul style="list-style-type: none"> • Breathe slowly and rhythmically as you hold the pose for 6 counts.
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Informing Task: Now we are going to move into your cool-down. Start in Mountain Pose.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 	Chair:	Chair: this pose works your thigh and calf muscles while strengthening the ankles and Achilles tendons. <ol style="list-style-type: none"> 1. Standing with your feet directly under your hips in Mountain pose. Arms and hands are held straight out in front at shoulder level. Keep your shoulders relaxed, back, and down. 2. Inhale. On an exhalation, slowly begin lowering your body into a squat position as though you were about to sit in an imaginary chair. Don't go beyond 90 degrees at the knees. 3. Keep your feet flat on the floor, hip-width apart, with your neck relaxed and extended. 4. Raise your toes off the floor, rocking back on your heels. 5. Return to a standing position with arms remaining at shoulder level. 6. From this standing position, inhale and lift your heels off the floor. 7. On an exhalation, slowly begin lowering your body into a squat 	Chair: <ul style="list-style-type: none"> • Hold for a count of 5 breaths. • Breathe deeply and hold for a count of 5.

	<p>Standing on Toes:</p> <p>Tree:</p> <ul style="list-style-type: none"> If it is difficult to maintain your balance, you may also perform this pose while lying on your back. 	<p>position, again sitting in an imaginary chair.</p> <p>8. Inhale and raise back up to a standing position. Lower your arms and return to mountain. (figure 14)</p> <p>Standing on Toes: Strengthening the calf muscles and stretches the soles of your feet, messaging the balls of the feet, helps with balance, and increases concentration.</p> <ol style="list-style-type: none"> Stand in Mountain pose, with arms by your sides. Inhale and raise your heels from the floor, rising up onto the balls of your feet. Exhale and come back down. Inhale and lift your heels from the floor, rising up onto the balls of your feet and raising your arms overhead. Return your feet to the floor and your arms to your side. (figure 15.1 & 15.2) <p>Tree: This pose improves your posture and helps stabilize the pelvis, elongate the spine, strengthen the legs and ankles, and increase flexibility of the inner thigh muscles.</p> <ol style="list-style-type: none"> Stand erect with your eyes fixed on a focal point in front of you. Bear the weight of your right leg by tightening 	<ul style="list-style-type: none"> Repeat 3 more times. <p>Standing on Toes:</p> <ul style="list-style-type: none"> Repeat this up and down movement for 4 to 6 breaths. Repeat this up and own movement with your feet and arms several times. Repeat once more. <p>Tree:</p>
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	<ul style="list-style-type: none"> If you are holding onto your leg, raise your other hand to middle of the chest or rest your open palm at the heart center. 	<p>the thigh muscle.</p> <ol style="list-style-type: none"> Inhale and raise your left leg, placing the sole of your foot onto the calf muscle or inner thigh of the standing leg. If your foot slips, hold your ankle with one hand. Stretch the inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply. Once you are balanced, you may raise your arms above your head or clasp your hand in Namaste at the center of the chest. Return your raised leg to the floor and lower your arm. <p>(figure 16.1 & 16.2)</p>	<ul style="list-style-type: none"> Hold for 8 to 10 seconds. Repeat on the other side.
<p>Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.</p>			
<p>Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.</p>			



Lesson #21

Picture Poses

Warm-up Poses



Figure 1 Knee Hug



Figure 3.1 Leg Lift



Figure 3.2 Leg Lift

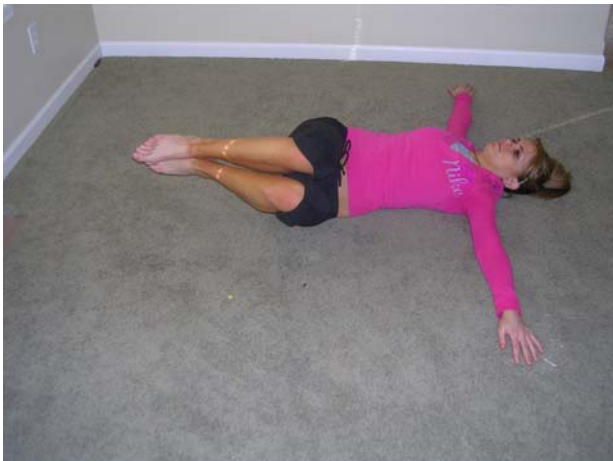


Figure 2 Trunk Rotation



Figure 3.2 Leg Lift

Warm-up



Figure 4.1 Spinal Rocking



Figure 4.2 Spinal Rocking

Sequence poses



Figure 5.1 Cat & Dog Stretch



Figure 6 Side-to-Side Stretch



Figure 5.2 Cat & Dog Stretch



Figure 7
Head Of Cow

Sequence poses



Figure 8
Downward Dog

Figure 10.1 Kneeling Lunge



Figure 9 Incline Plane



Figure 10.2 Kneeling Lunge

Sequence poses

Figure 11.1
Camel



Figure 11.2
Camel



Figure 12 Child Pose



Figure 13 Archer's Pose

Cool-down Poses

Figure 15.1 Standing on Toes



Figure 14
Chair Pose



Figure 16.1 Tree



Figure 16.2 Tree



Figure 15.2 Standing on Toes

Cool-Down poses

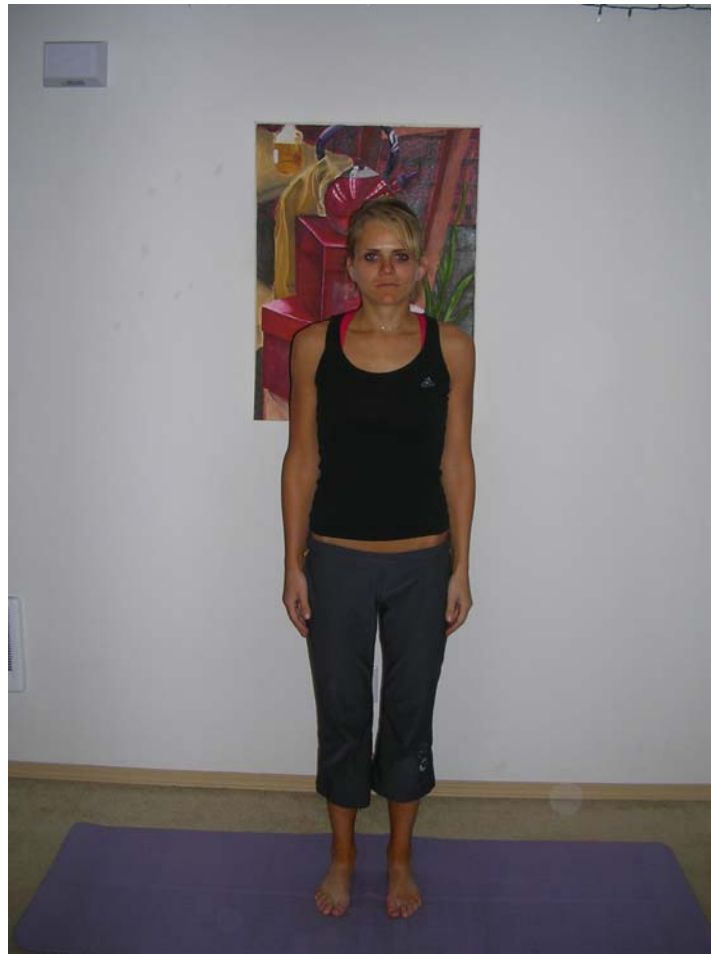


Figure 17 Mountain Pose

**Central Washington University
Yoga Unit
Lesson #22
Advanced Yoga & Butt**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate

Warm Up Poses:

- a. Simple Glute Squeeze (figure 1)
- b. Hamstring Curls (figure 2)
- c. Hamstring & Glute Lift (figure 3)
- d. Side Leg Lift I (figure 4)
- e. Lower Leg Lift (figure 5)
- f. Static Lunges (figure 6)
- g. Calf Raises (figure 7)

Sequence Poses:

- a. Glute Press (figure 8)
- b. Glute Press with Transfer (figure 9)
- c. Side Leg Lift II (figure 10)
- d. Thigh Pulses (figure 11)
- e. Circles (figure 12)
- f. Lunges (figure 13)
- g. Squats (figure 14)
- h. Single Leg Calf Raise (figure 15)
- i. Wall Sit (figure 16)

Cool Down Poses:

- a. Japanese sitting (figure 16)
- b. Foot Stretch (figure 17)
- c. Adductor Stretch (figure 18)
- d. Wall Assisted Inner Thigh Stretch I (figure 19)
- e. Wall Assisted Inner Thigh Stretch II (figure 20)
- f. Wall assisted Glute Stretch (figure 21)
- g. Lying Quad Stretch (figure 22)
- h. Standing Calf Stretch (figure 23)

2. Flow in a sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 mats
- Microphone Headset
- CD (Soft Music)
- CD Player
- 15 Workout Steps

Instant Activity: (See Warm Up figures 1-7 at end of lesson) Today we will begin our warm up with Simple Glute Squeeze: 1) Lie face down with your hands supporting your forehead as a pillow, elbows wide and resting on the floor. 2) Inhale to prepare and as you exhale, draw your abdominals in and squeeze your glutes together. Repeat 10 times. Hamstring Curls: 1) Lie face down with your hands supporting your forehead as a pillow, elbows wide and resting on the floor. Draw your abdominals in and keep a light squeeze on your glutes. 2) As you exhale, slowly bend one knee to 90 degrees. Inhale and lower the leg. Alternate 20 times between both legs. Hamstring & Glute Lift: 1) Lie face down with your hands supporting your forehead as a pillow, elbows wide and resting on the floor. 2) Extend one leg out behind you and bend the other to 90 degrees at the knee. Inhale and flex your foot so that your heel is reaching up to the ceiling. 3) Exhaling, squeeze your glute and lift your knee half an inch off the floor. Inhale and lower the knee back down again. Repeat this lift 10 times on each leg. Side Leg Lift I: 1) Lie on your side, with your bottom leg bent your stability and your top leg straight and angled a few inches forward of your trunk. 2) Exhale to lift your foot just above hip height, reaching your heel away from your hip. Inhale, lower, repeat 10 times, and change legs. Lower Leg Lift: 1) Lie on your side with your bottom leg straight and your top leg bent to 80 degrees in front of you. Put a cushion under your top knee so that your hips remain stacked one on top of the other. Exhale and lift the bottom leg. 2) Inhale and lower leg until it just touches the ground and then pick it straight up again. Repeat 10 times. Turn your leg out and repeat the lift to times. Wall Sit: 1) Stand with your back against the wall so that your head, shoulders and bottom are against the wall. Exhale and lift the bottom leg. 2) Take your feet 18 to 20 inches away from the wall, hip-width apart. If you like, fold your arms and hold them out in front of you. Slowly bend your knees and slide your torso down the wall. 3) Stop when your thighs are parallel to the floor and your knees are directly above your ankles. Hold this position for the count of 8 before slowly returning to your start position. Repeat this exercise 5 times. Static Lunges: 1) Stand with your feet together, hands on hips, your spine in neutral and your eyes focused on a still point in front of you. Step forward with one leg, bending your knees until you are in a lunge position, with your front thigh parallel to the ground and your knee directly above your ankle. 2) Exhale, squeeze your glutes and straighten your front leg. Inhale and bend it back to the lunge position. Repeat this 15 times and change sides. Calf Raises: 1) Stand with the balls of your feet on a step and your heels extended off the edge. Place a hand on a wall or handrail to maintain your balance. 2) Slowly lower your heels below the level of the step and hold for a stretch. As you exhale, lift your heels as high as possible without letting your ankles fall out to the sides. 3) Hold for a moment at the top of range and feel your calves squeezing. Inhale and slowly return to the start position; repeat 10 times.

Set Induction: How many of you have always wanted a toned rear end? Today we are going to focus on moves that will focus completely on your glutes.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, "Go", please join me lying on your back. "Go".			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are lying on their backs waiting for further instruction. 	For variation: Start with your feet on a chair to give you more height.	Glute Press: (figure #8) 1. Lie on your back with your knees bent and feet flat on the floor arms resting by your sides. As you exhale, squeeze your glutes and press your hips into the air. 2. Inhale and hold the	Repeat 10 times.

		position at the top, focusing on the work in your glute and hamstrings. Exhale and lower your torso back down to the floor.	
<ul style="list-style-type: none"> • Same as above. 		<p>Glute Press with Transfers: (figure #9)</p> <ol style="list-style-type: none"> 1. Lie on your knees bent and your feet flat on the floor, arms resting by your sides. As you exhale, squeeze your glutes and lift your hips into the air. Inhale and hold. 2. Exhale and lift one foot off the floor, taking care not to let the hip on that side drop. Inhale and place the foot down. 3. Exhale and lift the other foot. Inhale and replace the foot. Exhale, hold and reassert the squeeze on your glutes before you inhale and release your torso back to the ground. 	Repeat this 6 times, alternating legs each time.
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are lying on their sides, waiting for further instruction. 		<p>Side Leg Lift II: (figure #10)</p> <ol style="list-style-type: none"> 1. Lie on your side, with your bottom leg bent for support and your top leg straight and a few inches forward of your trunk. 2. Stack your hips so that the top hip is directly above the bottom hip. Exhale to lift your foot just above hip height, reaching your heel away from your hip. 	Repeat 10 times and change legs.

		<ol style="list-style-type: none"> 3. Inhale and carry your leg forward at hip height off the floor. Keep length in your spine so that you do not curve your lower back to allow your leg to move forward. Inhale and return the leg to the start position. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Thigh Pulses: (figure #11)</p> <ol style="list-style-type: none"> 1. Lie on your side, with your bottom leg bent for support, your top leg straight and a few inches forward of your trunk. Stack your hips so that the top hip is directly above the bottom hip. 2. Lift your top foot to hip height and carry it forward to about 45 degrees, making sure that your spine stays neutral and your hips stacked. Your leg will be parallel to the floor. 3. Rotate your thigh inward so that your knee and toes point down toward the floor. From this position, make small, controlled pulses up to the ceiling without the hips moving at all. If the hips rock backwards and 	<p>Do 20 pulses on each side.</p>

		forwards, there is a little work on the glute and outer thigh.	
<ul style="list-style-type: none"> • Same as above. 		<p>Circles: (figure #12)</p> <ol style="list-style-type: none"> 1. Lie on your side with your bottom leg straight and your top leg bent to 80 degrees in front of you. Put a cushion under your top bent knee so that your hips remain stacked one on top of the other. 2. Exhaling, lift the lower leg, inhaling, turn out the leg and point your foot. Exhaling circle the leg 3 times one way, inhale, pause. 3. Exhaling reverse the circles, inhaling, take the leg back to parallel. Exhale to lower the leg down. Inhale to prepare before repeating the whole series. 	Repeat 3 to 5 times and change sides.
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are standing in Mountain Pose waiting for further instruction. 	.	<p>Lunges: (figure #13)</p> <ol style="list-style-type: none"> 1. Stand with your feet together, hands on hips, your spine in neutral and your eyes focused on a still point in front of you. 2. Step forward with one leg, bending your knee until you are in a lunge position, with your front thigh parallel to the 	Alternate legs, working towards a total of 20 lunges.

		<p>ground and your knee directly above your ankle.</p> <ol style="list-style-type: none"> 3. Straighten your legs and push back with your front foot to return to your starting position. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Squats: (figure #14)</p> <ol style="list-style-type: none"> 1. Stand with your feet just wider than hip-width, hands held in front of your hips. Slowly bend your knees as if you were going to sit in a chair behind you. Allow your spine to flex forward, pivoting from your hips, and reach your hands out in front for balance. 2. Hold this position for a second. Exhale and slowly straighten your legs back to the starting position. 	Repeat 10 times.
<ul style="list-style-type: none"> • Same as above. 		<p>Single Leg Calf Raise: (figure #15)</p> <ol style="list-style-type: none"> 1. Stand with the ball of one foot on a step, heel extended off the edge. Place the foot that is not working behind the ankle of the working foot. Lean on a wall or handrail to maintain your balance. 2. Slowly lower the working heel below the 	Repeat 10 times and change legs.

		<p>level of the step and hold for a stretch. As you exhale, lift your heel as high as possible without letting your ankle move to the side. Keep your weight over your first and second toes.</p> <p>3. Inhale and hold at the top, exhale and slowly lower your heel to the start position.</p>	
<p>Informing Task: Now that we have learned the poses for today, we are going to put those poses into a flowing sequence:</p> <ol style="list-style-type: none"> 1. Glute Press 2. Glute Press with Transfer 3. Side Leg Lift II 4. Thigh Pulses 5. Circles 6. Lunges 7. Squats 8. Single Leg Calf Raise 9. Wall Sit 			
<p>Informing Task: We will now begin our cool down. When I say, “Go”, please join me kneeling on the floor and wait for further instruction. “Go”.</p>			
<ul style="list-style-type: none"> • 30 mats are lined up in role lines. • Students are kneeling on the floor waiting for further instruction. 	<p>If your ankles are uncomfortable, kneel on a folded towel with your feet off the edge and gradually reduce the height of the towel over time.</p>	<p>Japanese Sitting: (figure #16)</p> <ol style="list-style-type: none"> 1. Kneel on the floor with your toes pointing out behind you and your heels pointing directly to the ceiling. Find a plumb line through your body and rest the weight of your torso on your heels. 2. Hold here for 3 to 5 soft breaths. Release the stretch and then repeat. 	<p>Repeat this 3 times.</p>

<ul style="list-style-type: none"> • Same as above. 		<p>Foot Stretch: (figure #17)</p> <ol style="list-style-type: none"> 1. Kneel as in Japanese Sitting, opposite, but with your toes tucked under so that they are pointing forward. 2. Hold for 3 to 5 soft breaths, release your toes and repeat. 	<p>Repeat this 5 times.</p>
<ul style="list-style-type: none"> • Same as above. 		<p>Adductor Stretch: (figure #18)</p> <ol style="list-style-type: none"> 1. From Japanese Sitting position, separate your knees as far as possible, keeping your toes touching. 2. Lean forward onto your hands or elbows and let your body weight effect the stretch in your inner thighs. 	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are lying on their backs with their hips against a wall, waiting for further instruction. 	<p>If your knees strain bend them slightly and put the soles of your feet on the wall so that our knees are pointing away from the wall. If that doesn't relieve the strain, stop.</p>	<p>Wall Assisted Inner Thigh Stretch I: (figure #19)</p> <ol style="list-style-type: none"> 1. Lie on your back with your hips close to a wall. Extend your feet up the wall and spread your legs as far apart as possible. 2. Gravity will assist the stretch. Relax the weight of your legs into the wall, keeping them straight. Hold for 3 deep breaths and see if you can move your legs a little further into the stretch for another 3 breaths. 	<p>Repeat this 4 times.</p>

<ul style="list-style-type: none"> • Same as above. 		<p>Wall Assisted Inner Thigh Stretch II: (figure #20)</p> <ol style="list-style-type: none"> 1. From the same starting position against a wall, bend your knees and place the soles of your feet together. Gently press your hands into your knees to open them out as far as possible. 2. Again, do not let your tailbone lift off the floor. Hold for 5 deep breaths, increasing the pressure on the knees with each exhalation if the muscles will allow it. 	<p>Repeat this exercise 3 times.</p>
<ul style="list-style-type: none"> • Same as above. 	<p>To make harder: If your tailbone is still anchored and you can take more stretch, move your hips closer to the wall or slide the foot on the wall lower, so that your left knee bends in more and increases the stretch.</p>	<p>Wall Assisted Glute Stretch: (figure #21)</p> <ol style="list-style-type: none"> 1. Lie on your back with both feet on the wall with your knees at 90 degrees. Cross your right ankle over your left knee, with your right knee staying wide. 2. Gently push your right knee toward the wall to increase the stretch. Hold for 3 to 5 deep breathes, increasing pressure on the knee with each exhalation if the muscles allow; repeat on other side. 	<p>Repeat 3 times on each side.</p>
<ul style="list-style-type: none"> • 30 mats are lined up in roll lines. 		<p>Lying Quad Stretch: (figure #22)</p>	<p>Repeat this 4 times on each side.</p>

<ul style="list-style-type: none"> • Students are lying on their stomachs, waiting for further instruction. 		<ol style="list-style-type: none"> 1. Lie on your stomach with your legs outstretched behind you. Bend on knee to bring your heel towards your buttocks. Grasp the ankle and draw your foot into your buttock. 2. Keep your inner thighs touching and tuck your pelvis under by pressing your pubic bone down into the floor as you pull your foot in. 3. Hold for 3 to 4 deep breaths and repeat on the other side. 	
<ul style="list-style-type: none"> • 30 mats are lined up in roll lines. • Students are standing behind a step and waiting for further instruction. 		<p>Standing Calf Stretch: (figure #23)</p> <ol style="list-style-type: none"> 1. Stand with the ball of your right foot on the edge of a step, with your heel extended off the edge. Let your bodyweight fall into your right heel to feel a stretch in your calf. 2. Keep your right kneecap pulled up tightly as you press your heel down to stretch into the upper part of your calf. 3. Hold here for 3 to 5 deep breaths. Gently bend your right leg, keeping your weight in the heel. 	<p>Hold again for 3 to 5 breaths; change legs. Repeat this 7 times on each side.</p>

Informing Task: We will now begin our final relaxation. Please make yourself comfortable. Take this time to bring your breath back to normal and to think about everything you have going on today. Think about how great you feel after finishing the class today. Take this time to reflect on how you feel today and if yoga helped you today.

Closure: Thank you all for such a wonderful class. You all did so well today. Remember to write in your journals, and enjoy your day.



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14



FIGURE 15



FIGURE 16



FIGURE 17



FIGURE 18



FIGURE 19

FIGURE 20

FIGURE 21

FIGURE 22

FIGURE 23



FIGURE 24

**Central Washington University
Yoga Unit
Lesson #23
Yoga Pilates**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate

Warm Up Poses:

- a. Breathing in Standing Cat/Cow (figure 1)
- b. Stretch, Release, Zip (figure 2)
- c. Core Warmers (figure 3)
- d. Sunflowers (figure 4)
- e. Spinal Balance and Variations (figure 5)
- f. Inverted V (figure 6)
- g. Wagging the Tail (figure 7)

Sequence Poses:

- a. Supine Marching and Arm Work (figure 8)
- b. Scissors (figure 9)
- c. Side Planks Leg Lifts and Circles (figure 10)
- d. Plank Leg Lifts (figure 11)
- e. Rolling Bridge (figure 12)
- f. Hinging Bridge (figure 13)

Cool Down Poses:

- a. Breast Stroke (figure 14)
- b. Swimming (figure 15)
- c. The Mermaid (figure 16)
- d. Supine Stretching Forward (figure 17)
- e. Full Body Stretch (figure 18)

B. Teacher

Equipment (for a class of 30 students)

- 30 Yoga Mats
- CD Player
- CD (soft music)
- Microphone Headset

Instant Activity: (See Warm Up figures 1-7 at end of lesson) Remember, with Pilates, we breath in through our nose and out through our mouths instead of in and out through our noses. Today we will begin our warm-up with Breathing in Standing Cat/Cow: Inhaling as we extend the spine, increasing the arch of our lower back and looking forward, then exhaling as we flex the spine, rounding our back like a black cat on Halloween, looking at our thighs and drawing the navel up and in. Stretch, release, zip: Inhaling as we stretch our arms overhead, lifting our chests and arching our backs comfortably, then exhaling as we release our shoulders down, then lowering our arms, closing our ribcage, and tightening our abdominal muscles as if we're zipping up thigh jeans. Repeat 10 times to warm up the torso and upper body and to start to engage the core muscles in standing. Core Warmers: Exhaling, we bend our knees, rounding our spines, forward, tucking our tailbone under, and reaching our arms out in front of our bodies. Inhaling as we do the opposite, straightening our knees while lifting our chests upward and comfortably arching our backs, opening our arms out to the side or beyond with our palms facing forward. Sunflowers: Begin with a wide stance. Inhaling as we reach our arms overhead, stretching and lifting upward, then exhaling as we sweep our arms out to the side and down, coming into a wide squat position. Our knees should be aligned over our ankles, and toes and knees should turn out at the same angle when we are in this squat. Keeping our head higher than the heart at all times, and keeping hips above knee level. Spinal Balance and Variations: Begin on all fours with a neutral spine. Arm raises-Let's reach our right arm forward as we inhale, and place it back onto the mat as we exhale. Repeating with the left arm, and alternating arms with the breath. Leg extensions-Let's slide our right leg back on the inhale, lengthening and straightening the leg, at hip level if possible, without allowing the lower back to come out of neutral. Exhaling as we place the knee onto the mat and repeating with the left leg. Alternating the legs with the breath, flexing the foot. Perform this 6 times on each side. Inverted V: Begin in child's pose. Pushing our hands into the mat, let's lift our hips up and behind us, straightening our legs and our spine as much as possible. Our heels can relax toward the floor, and we should feel lengthening and strengthening of our arms, legs, and torso. As we breathe here, let's make sure that our hands are about shoulder width apart, fingers are spread apart wide "like starfish", our shoulders are away from our ears and our ears end up between our upper arms. Lifting our tailbone and reaching it behind us, we'll feel a greater lengthening of our spine. If our hamstring muscles are tight, we can bend the knees slightly. Transition from child's pose to Inverted V 8 times. Wagging the Tail: Begin on all fours with a neutral spine. Exhale, laterally flexing the spine by looking over our right shoulder, while bringing the right hip and right shoulder closer together. Inhaling back to center, and then exhaling as we bring our left shoulder and hip toward each other. Alternating sides with the breath. Keeping the lower body stable, let's laterally bend, moving only the upper body. Perform this movement flowing for 1 minute.

Set Induction: Who here remembers any of the moves we used during our past Pilates lesson? Today we are going to be progressing into an intermediate Pilates class.

MAF	Extensions	Refinements	Applications
Informing Task: When I say "Go", please join me lying on your back and wait for further instruction. "Go".			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are lying on their backs with a neutral spine, while waiting for further instruction. 	To make it easier: <ul style="list-style-type: none"> • Small circles • As leg lengthens, no lift in lower back 	Supine Marching and Arm Work: (figure #8) Begin on your back with your spine in neutral while breathing, we can add arm movements like reaching overhead, small circles, large circles or leg movements lifting	

		<p>one foot off floor about 3 inches, then placing it down and repeating with other foot, sliding one foot away from body, then lifting leg and placing foot on floor, or one leg extended toward ceiling, making small or large circles without allowing body to rock to move. Arm and/or leg movements should always be done slow enough and small enough to maintain alignment, breathing and stabilization.</p>	
<ul style="list-style-type: none"> • Same as above. 	<p>Modifications: Keeping the head and shoulders on the floor for more neck support, or bending the knees slightly if hamstrings are tight.</p>	<p>Scissors: (figure #9) Begin on your back with your spine in a neutral position. Bringing both feet off the floor with our legs extended toward the ceiling at a right angle to our body if possible. Curling the head and shoulders off the floor into flexion with our hands holding onto our legs. Maintaining a stable spine and pelvis, let's exhale while lowering our left leg toward the floor, as we draw our right leg toward our chest, keeping both legs as straight as possible. Inhaling as we switch legs and exhaling as we lower our right leg down and bring our left leg toward our chest. Guiding the legs lightly with the hands, without pulling or causing our neck and shoulders to come out of alignment.</p>	

<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are kneeling, waiting for further instruction. 	<p>Modifications:</p> <ul style="list-style-type: none"> • The top arm can reach for the ceiling or can be used to support the head and neck. • If side plank position is not comfortable, these exercises can be done lying on the side and lifting/circling the top leg without losing alignment. 	<p>Side Plank Leg Lifts and Circles: (figure #10) Leg Lifts-Inhaling as we raise the straight leg off the floor to about hip level, and exhaling as we lower the leg. Leg Circles-Maintaining kneeling side plank position with the top leg straight and lifted at hip level, let's make small circles with the leg while stabilizing our body and keeping our neutral alignment. Reversing the direction of our circles after several repetitions. Circles should start smaller for more control and can be larger if we're able to stabilize.</p>	<p>This should be repeated on each side 8 times.</p>
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are in plank pose waiting for further instruction. 	<p>Modifications: For more support, kneeling plank position can be used, raising on knee off the floor, and then the other, without allowing the spine to come out of neutral alignment.</p>	<p>Plank Leg Lifts: (figure #11) Begin in Plank Pose. Maintaining optimal alignment in plank position while we raise our right leg just until the foot comes off the floor, keeping our leg straight. Lowering the leg with control, and repeating with the left leg. Alternating the leg lifts while maintaining our breathing and stabilization in neutral spine. Focusing on lifting through the abdominals and engaging our inner thigh muscles to support the center of our body.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are lying on their backs waiting for 		<p>Rolling Bridge: (figure #12) Begin with lying on your back, with your knees bent and feet on the floor, slightly apart.</p>	<p>Repeat this sequence 6 times.</p>

<p>further instruction.</p>		<p>Exhaling, flattening the lower back toward the floor then curling up, starting at the base of the spine and working our way to the upper back. Inhaling at the top of this bridge while stabilizing our torso in neutral spine. Then, exhaling as we lower our spine onto the floor “one vertebra at a time”. Our lower back should touch the floor before our tailbone, and after our tailbone is on the floor, we can relax into neutral spine while inhaling. Exhaling, rolling up into the bridge again when we are ready. Keeping our inner thigh muscles engaged to maintain our leg alignment, and keep our neck muscles relaxed throughout the exercise.</p>	
<ul style="list-style-type: none"> • Same as above. 	<p>Modifications: We can perform the full range of motion or lifting and lowering in a smaller range of motion. Lifting up two inches and down two inches from the top of the bridge, or from the floor.</p>	<p>Hinging Bridge: (figure #13) Begin lying on your back with a neutral spine, knees bent and feet on the floor hip distance apart. Engaging our core muscles in neutral spine and stabilizing this alignment while inhaling. Hinging up into the bridge while exhaling, without changing our spine alignment. Inhaling at the top of the bridge while maintaining a strong position, then exhaling as we lower the hips down to the floor while maintaining a strong and stable torso. As in the Rolling</p>	

		Bridge, our necks should be relaxed and our inner thighs are engaged to maintain the alignment of our knees over our ankles.	
Informing Task: We will now begin our cool down. When I say “Go”, please join me lying on your stomach and wait for further instruction. “Go”.			
<ul style="list-style-type: none"> • 30 mats are lined up in role lines. • Students are lying on their stomachs and waiting for further instruction. 	<p>Modifications: Turn feet apart, heels together.</p>	<p>Breast Stroke: (figure #14) Begin lying on your stomach (Neutral Prone). Placing our hands near our shoulders, with the palms facing each other. Hovering our face about one inch away from the floor with our neck in neutral (nose pointing toward the floor). Our legs remain straight and engaged, either hovering off the floor slightly or resting lightly on the floor during the exercise. Exhaling, reaching both arms overhead while maintaining the stability of our torso and neck (hover position). Inhaling, keeping the arms straight while bringing them out and down toward our hips and lifting our chest away from the floor as if coming up for air in the breast stroke. Exhaling while drawing the hands along sides of body then overhead. Repeating while keeping the core strong and the lower body stable.</p>	Repeat this exercise 6 times.
<ul style="list-style-type: none"> • Same as above 		<p>Swimming: (figure #15) Begin lying on your stomach. Engaging our core muscles in</p>	Repeat this exercise 20 times (10 times, each side)

		our prone alignment and hovering our arms and face off the floor. Our palms can be facing each other or the floor. Our legs are straight and close together with the toes pointed and the feet hovering slightly off the floor. Inhaling, raising the right arm while lifting the left leg, then exhaling as we switch, raising opposite arm and leg. Maintaining our core stability and control so that the body does not move as we swim, alternating our arms and legs. Starting with a slow and smooth movement, we can speed up as long as our form is maintained.	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are sitting up and waiting for further instruction. 	<p>Modifications: Continuing into Mermaid Push-ups prior to switching sides.</p>	<p>The Mermaid: (figure #16) Starting with one shin near parallel with the front of the mat, the sole of the foot lightly touching the other thigh. On an inhale, planting on hand out to the side and reaching the other arm over head, reaching to the opposite side, bending the spine to the side. Switching sides with breath. As we enjoy the Mermaid, keeping the spine long and neck comfortable. There should be distance between the ears and the shoulders, and ribs should be open and free.</p>	<p>Perform this exercise 9 times on each side.</p>
<ul style="list-style-type: none"> • Same as above. 	<p>Modification:</p> <ul style="list-style-type: none"> • We can flex forward on 	<p>Spine Stretching Forward: (figure #17)</p>	<p>Perform this move 5 times.</p>

	<p>the exhale and roll up with the inhale, or this exercise can be done more slowly to allow for more awareness and deeper sensation, taking one to three breaths to flex the spine, feeling the flexed position for one to three breaths, and uncurling the spine to vertical for one to three breaths.</p> <ul style="list-style-type: none"> • If the hamstring muscles are tight and the pelvis and lower back cannot get to neutral, it's important that we bend our knees, so that our spine is lengthened, and our pelvis is neutral. 	<p>Begin sitting upright with our legs straight, our feet flexed and hip width apart, and our pelvis neutral. Exhaling as we flex from the neck to the lower back, so that our torso is rounded forward as if we're stretching over a large ball. Drawing the navel toward the spine helps us stretch our lumbar spine here. We're keeping our shoulders away from ears and allowing our body to flex forward without collapsing. Let's keep our feet flexed and our body active to feel the stretch completely from the heels, up the back of the body, to the base of the skull. Inhaling, we roll back to vertical, growing up to vertical, "one vertebra at a time".</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are lying on their backs waiting for further instruction. 		<p>Full Body Stretch: (figure #18) Begin lying on your back. Inhaling, stretching our arms overhead and our legs down long, allowing our lower back to arch away from the floor if it feels good. We can yawn, point then flex our feet, whatever feels like a good stretch. Exhaling, allowing our body to relax completely. Repeating this a few times. This should feel like a great, full body stretching out!</p>	
<p>Closure: Well done today class. Don't forget to write in your journals. Have an awesome day.</p>			



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4

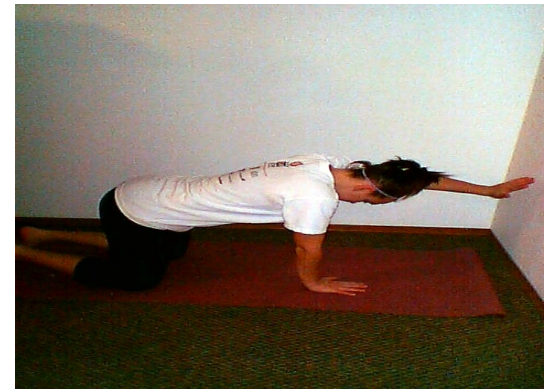


FIGURE 5



FIGURE 6



FIGURE 7

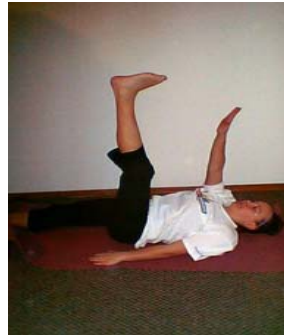


FIGURE 8



FIGURE 9



FIGURE 11



FIGURE 12



FIGURE 13

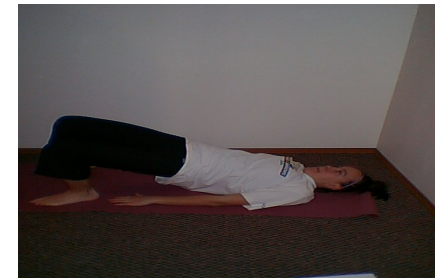


FIGURE 14

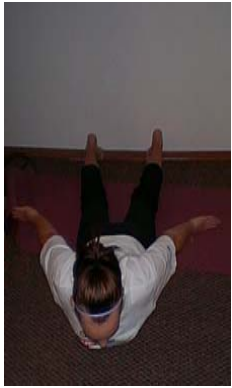


FIGURE 14



FIGURE 15



FIGURE 16

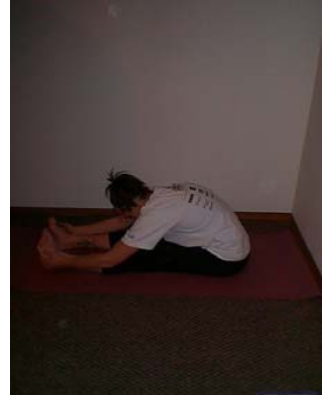


FIGURE 17



FIGURE 18

Yoga Unit
Lesson #24
Intermediate Yoga Abs & Back

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Warm-up:

- a. Barrel Movement (figure 1)
- b. Water Wheel (figure 2.1 & 2.2)
- c. Torso Twist (figure 3)
- d. Chopping Wood (figure 4.1 & 4.2)
- e. Cat And Dog Stretch (figure 5.1 & 5.2)

Sequence:

- a. Balancing The Cat I (figure 6.1 & 6.2)
- b. Gate (figure 7)
- c. Abdominal Lift (figure 8)
- d. Victory Squat (figure 9)
- e. Yoga Mudra (figure 10.1 & 10.2)
- f. Backbend (figure 11)
- g. Kneeling Lunge (figure 12.1 & 12.2)
- h. Kneeling Lunge With Twist (figure 13.1 & 13.2)

Cool-Down:

- a. Spinal Twist (figure 14.1 & 14.2)
- b. Knee Rocking (figure 15)
- c. Child Pose (figure 16)
- d. Cross bow (figure 17.1 & 17.2)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music
- 30 Towels

Warm-up: Today we will begin in Mountain Pose. Now let begin your warm-up the pose we will start with is **Barrel Movement (figure 1)**. It will loosen your back and hips. This is slow, hypnotic movements that increases flexibility in the lower back, loosen the hips, relaxes the body, and calms the mind. 1) First yet start with your feet about hip-distance apart. Arms hang loosely by your sides. Make sure your spine comfortably extended, your shoulders are down away from your ears and your abdominal muscles are slightly engaged. 2) Now inhale and slowly begin making small circles with your hips in a clockwise direction. 3) Gradually allow the circles to expand so that your hips are moving in large circles. You really want to try to keep your upper body stationary; the movement should be in your hips only. Imagine that you've wrapping a towel around your hips and that you are trying to clean the inside of a barrel. 4) Lets continue doing this clockwise 6 times. 5) Stop. Breathe and feel the energy swirling your hips, lower back, and abdomen. 6) Resume by making small circles in the opposite direction (counterclockwise). 7) Gradually increase the size of your circles. 8) Make the inside of barrel shine. Let do this 6 times. Now lets go into doing your **water wheel (figure 2.1 & 2.2)**. This releases tension in the pelvic area, limbers the spinal column, and increase respiration and circulation while energizing the entire system. 1) Okay now stand with your feet about shoulder-width apart, with your knees slightly bent. 2) Place your palms against your lower back, and your fingers should be pointing down. 3) Relax your lower jaw as you open your mouth slightly. Inhale through the mouth and arch backward, and gently press your hands into your lower back for support. Gaze upward, keeping your neck in line with the spine to avoid putting any pressure on your neck. 4) Exhale through the mouth and "spill" forward like a water wheel, bringing your chin toward your chest and letting your upper body hang and your arms dangle. Keep your knees bent. 5) Lets repeat this about 6 time. Feel free to add sound when you exhale to really get your energy flowing. The next pose is **torso twist (figure 3)** this is going to loosens up your arms, torso, spine, and waist. 1) Still standing about shoulder-width apart. Your spine is comfortably extended, and your shoulders are away from your ears. Your arms hang loosely by your side. 2) Begin turning your upper body, shoulder first, from one side to the other. Engage your abdominal muscles slightly. As you alternate, allow your arms to swing slowly as though they were leaving your coat sleeves. 4) As you pick up the pace, allow the heel of your right foot to come off the floor when your body turns to the left. Your left heel rises when your body turns to the right. 5) Repeat this side-to-side about 6 times. Now let do the **chopping wood (figure 4.1 & 4.2)** pose 1) we are still standing shoulder-width apart and you want to keep your knees slightly bent to avoid strain in the lower back. 2) Now inhale through your mouth and raise your arms over your head as if you were holding a hatchet. 3) Bend your knees. Exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. 4) Inhale and raise your upper body. 5) Continue this "chopping" movement 10 times. Increase the flow of energy by making each exhalation audible. 6) As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs. Now lets get into a table position and let do **Cat and Dog Stretches (figure 5.1 & 5.2)** 1) In that table position with knees under your hips and arms beneath your shoulders. 2) Your back is flat, and your head faces downward to create an extension in the back of the neck. 3) Exhale and slowly drop your and tailbone. Arch your back and exhale further as you pull your navel up toward your spine. Imagining you are hissing cat. 4) Inhale and slowly raise your head and tailbone letting your abdomen move toward the floor. Your back is now curved in a subtle swayback position. Look up slightly without overextending the neck, imagining you are a friendly dog. 5) Continue alternating, moving slowly between cat and dog 10 times. As your spine warms up, deepen your inhalations and exhalation.

Set Induction: Okay since we are warm lets get started into your sequence which is going to focus are your abdomens and back muscles.

MAF	Extensions	Refinements	Applications
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Informing Task: Okay lets start in table position with your knees under your hips and your arms under your shoulders.

- 30 mats lined up in roll lines.
- Students are in table position on their mats.

Balancing Cat I:

Gate:

Balancing Cat I: this pose helps improves balance, increases stamina, and aid concentration. It strengthens the arms, back, and legs.

1. Focus on a spot on the floor, keeping your neck long, inhale as you simultaneously left you right leg straight behind you and lift your left arm straight in front of you. You are not aiming for height. What is important is that your leg is raised to hip level and your arm is level with the shoulder.
2. Extend from the hip and shoulder. Internally rotate your right leg and foot (turn your toes to the left) to level your hips.

(Figures 6.1 & 6.2)

Gate: this pose stretches the muscles along the sides of the upper body and inner things as it tones the

- Balancing Cat I:**
- Hold the pose for 30 to 60 seconds before returning to table position.
 - Repeat on the opposite side
 - Do it once more on each side.
- Gate:**

	<ul style="list-style-type: none"> If you feel steady and strong enough, pull in your abdominals muscles slightly and look up toward your raised hand. <p>Abdominal Lift:</p>	<p>abdominals, arms, and legs.</p> <ol style="list-style-type: none"> 1. Begin in a kneeling position with hands on hips. 2. Exhale and extend your left foot out to the left side. Make sure your legs and foot are in line with your hips. Tightens the muscles along your left leg. 3. Place your left hand on your extended leg. Slide it down toward your foot. Stop where you are most comfortable. 4. On an inhalation, extend your right arm up and over your head. Your palm faces down. Extend out from your waist, feeling a stretch along the right side of your body. 5. Look down toward your left foot. 6. Breathe deeply and with each exhalation, try to slide your hand a little further toward your foot. 7. On inhalation, return to center <p>(Figure 7)</p> <p>Abdominal Lift: This pose tightly contracting, lifting, and</p>	<ul style="list-style-type: none"> Hold for 4 to 6 breaths Repeat on the opposite side. <p>Abdominal Lift:</p>
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holding the abdominal muscles. The movement of this posture tones the muscles of the abdomen as it stimulates the abdominal and intestinal organs.

1. Stand with your feet a little wider than hip-width apart. Your knees face outward and are slightly bent.
2. Place your hands on your thighs with your fingers and thumbs facing in. Bend slightly at the waist.
3. Inhale deeply. Exhale all the air completely out of your lungs.
4. Lift the abdomen by pulling it in and up into the thoracic cavity, located at your solar plexus, between the navel and the breastbone.
5. Keep your abdominal muscles contracted and while holding the breath out, "pump" the abdomen in and out forcefully and rhythmically. Remember that no air should come in or out of your nose or mouth. Continue until you to take an inhalation.

(Figure 8)

- Repeat the cycle twice more.

	<p>Victory Squat:</p> <ul style="list-style-type: none">• If you can, widen your stance and bend your	<p>Victory Squat: This pose strengthens the thigh muscles, upper arms, and abdominals.</p> <ol style="list-style-type: none">1. Begin in mountain pose, with you arms by your sides.2. On an inhalation, step to the right so your feet are separated wider than your hips. Toes point out slightly. Exhale and bend your knees. Make sure your knees are over your ankles.3. Inhale and lift your arms up into a “V” position. Exhale as you lower and bend your elbows so your upper arms are parallel with the floor at shoulder level and your forearms are straight up, palms facing forward with finger together. Your forearms and upper make a 45 degree angle.4. Your pelvis is neutral (not tipped forward or back), and your shoulder are down and away from the ears.5. Return to mountain with your feet under	<p>Victory Squat:</p> <ul style="list-style-type: none">• Hold the pose for 4 to 6 breaths, feeling your “power center” grow stronger with each inhalation.• Repeat the squat.• Repeat several times.
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	<p>knees a little more, taking care that your knees remain over your ankles.</p> <p>Yoga Mudra:</p> <ul style="list-style-type: none"> • If your shoulders are tight, hold a towel between your hands 	<p>your hips and arms by your sides.</p> <p>(Figure 9)</p> <p>Yoga Mudra: This pose loosens the shoulders, arms, and spinal column, and improves posture and back problems.</p> <ol style="list-style-type: none"> 1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you interlacing the fingers. 2. Bend your knees, tuck your chin toward your chest, and lower into a forward bend. 3. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. 4. On a inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. 5. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 6. Feel the release of 	<p>Yoga Mudra:</p> <ul style="list-style-type: none"> • Breathe slowly and rhythmically as you hold the pose for 6 counts.
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tension in your neck, shoulders, and back.

(Figure 10)

Backbend: this pose strengthens the lower back, increase flexibility of the spine, opens the chest, and expands lung capacity.

1. Stand with your spine erect and elongated. Your shoulders are down and away from your ears. Legs are shoulder-width apart.
2. Place the palms of your hands on your lower back with your fingers pointing down. Engage abdominals.
3. Inhale. Feel yourself lifting out of your waist and slowly lower your upper torso backward from the middle of your body. Don't allow your head to fall too far back, which can cause a strain on the neck. Keep your neck in line with your spine.
4. Bend until you feel you are creating an extension of the spine, but without straining; don't bend backward too far. Keep abdominal muscles contracted. Keep chest lifted up.

Backbend:

Backbend:

	<p>Kneeling Lunge:</p> <ul style="list-style-type: none"> If this is not possible, make two fists and rest on your knuckles. 	<p>5. Slowly come out of the pose and return to an upright position.</p> <p>(figure 11)</p> <p>Kneeling Lunge: it lengthens the hip flexors and can relieve lower back pain. It also stretches the thighs muscles.</p> <ol style="list-style-type: none"> Kneel in “Table Position” with your arms under your shoulders and your knees under your hips. On an inhalation, move your right foot between both hands, then slide it slightly ahead of your hands. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. Slide your foot forward so your shinbone is straight. Make sure your knee is directly over your ankle. Keep your palms flat on the floor. Hang your head forward. Breathe slowly. Feel the stretch across your left thigh through the hip crease into the lower back. 	<ul style="list-style-type: none"> Repeat once or twice more. <p>Kneeling Lunge:</p> <ul style="list-style-type: none"> Hold for 20 seconds to 1 minute.
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	<p>Kneeling Lunge with Twist:</p>	<p>6. Push on the floor with your hands to gently move back and out of the pose.</p> <p>(figure 12) Kneeling Lunge with Twist: this added advantage of toning and trimming the waistline.</p> <ol style="list-style-type: none"> 1. Follow from the previous pose steps 1-4. 2. Inhale and raise your upper torso. Place both hands on your right knee. 3. Exhale and deepen the lunge by lowering your hips without pinching the lower back. Make sure your knee remains directly over your ankle. 4. Place your left hand on the outside of your right knee and your right hand on the small of your back or over onto the left hip. 5. Return to center. 6. Bring your palms together in front of your breastbone in Namaste. Slowly rotate your upper 	<ul style="list-style-type: none"> • Repeat on left side. <p>Kneeling Lunge with Twist:</p> <ul style="list-style-type: none"> • Repeat on the opposite side.
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		<p>body to the right and hook your left elbow outside the right knee.</p> <ol style="list-style-type: none"> 7. Exhale and gaze back at your right elbow. 8. Return to center. Repeat on the opposite side. <p>(figure 13)</p>	<ul style="list-style-type: none"> • Breathe slowly and hold for 30 to 60 seconds
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Informing Task: Now lets begin your cool-down. So let sit with your spine extended. Legs are lengthened on the floor in front of you.

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 	<p>Spinal Twist:</p> <ul style="list-style-type: none"> • If you are unable to sit comfortably maintaining the curve in your lower back, sit on a folded towel. 	<p>Spinal Twist: stretches the spinal column and connecting nerves and helps reduce stiffness in the neck.</p> <ol style="list-style-type: none"> 1. Bend your left leg; cross your right foot over your left thigh at midpoint. 2. Inhale; bring your left arm around the outside of your right knee. Grasp your knee. 3. Exhale; use your left arm for leverage by pressing against your leg and rotate your upper body to the right. Keep your shoulders level. Engage your abdominals 15 to 20 percent to help protect your lower back. 4. Place your right palm on the floor near your buttocks. Turn your head to the right and gaze 	<p>Spinal Twist:</p>
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	<p>Knee Rocking:</p> <ul style="list-style-type: none"> Depending on how much flexibility you have in your hips, you may want to sit on a folded blanket. 	<p>over your right shoulder.</p> <ol style="list-style-type: none"> With each inhalation, create an extension in your spine. On an exhalation, engage your abdominals and slowly turn your body a little more to the right without straining the lower back. Release and return to center. <p>(Figure 14) Knee Rocking: opens the groin muscle and improves flexibility in the hips. It also strengthens the arms, shoulders, and abdominals.</p> <ol style="list-style-type: none"> Sit on the mat with both legs out in front of you and your spine comfortably extended. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your right foot nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms and if you can cradle your left and right hands. Use your back straight and hold the leg as high and close to you as possible without 	<ul style="list-style-type: none"> Hold for up to 1 minute. Repeat on the left side. <p>Knee Rocking:</p>
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	<p>Child Pose:</p> <ul style="list-style-type: none"> • Can use a towel. <p>Cross Bow Pose:</p>	<p>straining.</p> <ol style="list-style-type: none"> 4. Moving from the hip joint, gently rock your leg back and forth in a sideways motion as though you were rocking a baby. <p>Child Pose: relaxes the back and neck and stretches the spine.</p> <ol style="list-style-type: none"> 1. Kneel with your buttocks on or near your heels and with your legs slightly apart. 2. Bend from the hips-forward and down-folding your upper body onto your thighs. The forehead rests on the floor. 3. Place your arms on the floor next to your legs, palms up. If you wish, you can also extend your arms on the floor in front of you, palms down, with elbows relaxed. 4. Let your shoulders round. 5. Breathe deeply. 6. Raise your upper body and return to a kneeling position. <p>(figure 15) Cross bow pose: it massages the abdominal</p>	<ul style="list-style-type: none"> • After rocking your leg several times, switch leg positions and repeat with the left leg. <p>Child Pose:</p> <ul style="list-style-type: none"> • Remain in this pose for 1 to 2 minutes. <p>Cross Bow Pose:</p>
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	<ul style="list-style-type: none">• Be gentle to avoid impinging your knee.	<p>organs and improves digestion, stimulates the thyroid, open the chest, strengthens the back and upper arms and tones the thighs and buttocks.</p> <ol style="list-style-type: none">1. Lie on your stomach with your legs slightly apart. Turn your face to the right; left cheek rests on the back of your left hand.2. Bend your left knee, bringing your foot towards the buttocks. Reach back and across with your right hand, grasping your ankle or the front of your left foot.3. your left heel goes in the direction of your right buttocks. Lift your left knee an inch for the floor.4. Lower your left knee. Rest.5. Raise your left knee and foot as high as you can, pressing your foot into your hand.6. Release. Reverse the pose.7. relax in child pose <p>(figure 17)</p>	<ul style="list-style-type: none">• Hold the pose, breathing deeply for 20 to 30 seconds.• Repeat once more on each side.
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Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.

Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.

Lesson #24

Pictures Of The Poses

Lesson #24 Warm-up Poses



Figure 1
Barrel Movement



Figure 2.1
Water Wheel



Figure 3
Torso Twist



Figure 2.2
Water Wheel

Lesson #24 Warm-up Poses



Figure 4.1
Chopping Wood



Figure 5.1 Cat & Dog Stretch



Figure 4.2
Chopping Wood



Figure 5.2 Cat & Dog Stretch

Lesson #24 Sequences Poses



Figure 6.1 Balancing Cat I



Figure 7
Gate Pose



Figure 6.2 Balancing Cat I



Figure 8
Abdominal Lift

Lesson #24 Sequences Poses

Figure 9 Victory Squat



Figure 11 Backbend

Sequence Poses

Figure 12.1 Kneeling Lunge



Figure 13.1 Kneeling Lunge With Twist



Figure 12.2 Kneeling Lunge



Figure 13.2 Kneeling Lunge with Twist

Cool-down Poses

Figure 14.1 Spinal Twist



Figure 14.2 Spinal Twist

Figure 15 Knee Rocking



Figure 16 Child pose

Cool-Down poses



Figure 17.1 Cross Bow



Figure 17.2 Cross bow

**Central Washington University
Yoga Unit
Lesson #25
Class-Teach-Class**

Objectives

A. Student (NASPE 1, 2, 3, 5. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate knowledge of different yoga poses.

Warm-Up:

#1 Student will demonstrate the knowledge of warm up poses.

Sequence:

#2 Student will demonstrate the knowledge of sequence poses.

#3 Student will demonstrate the knowledge of sequence poses.

Cool Down:

#4 Student will demonstrate the knowledge of cool down poses.

2. Teach the class their own sequence.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Instant Activity: Student #1 will teach the class the warm up, using proper warm up poses. (See Appendix # for rubric)

MAF

Extensions

Refinements

Applications

Informing Task: Now it is time for student #2 to lead us in their sequence. (See next page for rubric)

Informing Task: Now it is time for student #3 to lead us in their sequence. (See next page for rubric)

Informing Task: Now it is time for student #4 to lead the class in the cool down, using proper cool down poses. (See next page for rubric)

Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.

Closure: Well done today class. All of your sequences were very good. I can't wait to see what everyone else will teach us. Have a great day. Don't forget to write in your journals.

**Central Washington University
Yoga Unit
Lesson #26
Dynamic Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate

Warm Up Poses:

- a. Expansive Breathe
- b. Standing Pelvic Tilt (figure 1)
- c. Chopping Wood (figure 2)
- d. Standing on Toes (figure 3)
- e. Triangle (figure 4)
- f. Proud Warrior (figure 5)

Sequence Poses:

- a. Dancer's Pose (figure 6)
- b. Victory Squat (figure 7)
- c. Balancing Stick (figure 8)
- d. Forward Bend (figure 9)
- e. Yoga Mudra (figure 10)
- f. Kneeling Lunge with Twist (figure 11)
- g. Camel (figure 12)
- h. Bow Pose (figure 13)
- i. Pigeon (figure 14)

Cool Down Poses:

- a. Knee Hug (figure 15)
- b. Spider (figure 16)
- c. Knee Rocking (figure 17)
- d. Seated Head to Knee (figure 18)
- e. Seated Angle (figure 19)

2. Flow in sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD Player
- CD (Soft Music)
- Microphone Headset

Instant Activity: (See Warm Up figures 1-6 at end of lesson) Today we will begin our warm up in Expansive Breath: 1) Stand with your feet about shoulder-width apart. Hold your arms straight out in front of you with palms together at chest height. Make sure your shoulders are down and away from the ears. 2) Open your mouth and inhale through the mouth as you fling your arms open and back, bending the wrists so your fingertips point away from you. Lift the chin slightly. Your eyes look upward. 3) Exhale completely through the mouth as you begin to come forward, tucking your chin, and bending at the waist and knees. Hands may be clasped together in front of the chest, or they may rest on your thighs and relaxing your neck. Repeat this cycle 12 times at your own pace. Standing Pelvic Tilt: 1) Stand with your back against a wall. Your heels should be about 6 inches from the wall. Keep your feet separated and parallel and your knees slightly bent. You can rest your hands on your thighs, by your sides, or along the wall. 2) On an exhalation, tilt your pubic bone up and tailbone down by contracting your abdominal muscles. Inhale as your lower back presses against the wall. Repeat several times. Chopping Wood: 1) Stand with legs about shoulder-width apart. Keep your knees slightly bent to avoid strain in the lower back. 2) Inhale through your mouth and raise your arms over your head as if you were holding a hatchet. 3) Bend your knees. Exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. 4) Inhale and raise your upper body. Continue this “chopping” movement 12 times. Increase the flow of energy by making each exhalation audible. As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs. 5) Return to a standing position and lower your arms. Feel the energy course through your body. Standing-on-toes: 1) Stand in Mountain Pose, with arms by your sides. Inhale and raise your heels from the floor, rising up onto the balls of your feet. Exhale and come back down. Repeat for 4 to 6 breathes. 2) Inhale and lift your heels from the floor, rising up onto the balls of your feet and raising your arms overhead. Repeat with feet and arms several times. Remain on your toes with the arms raised for 4 to 6 breathes. 3) Return your feet to the floor and your arms to your sides. Repeat once more. Triangle: 1) stand with your feet separated about 3 feet apart or the length of one leg. Turn your right foot out 90 degrees; turn your left foot in about 30 degrees. 2) As you inhale, stretch your arms out from your shoulders so they form a T. Exhale and bend slowly to the right. Lower your right arm to your right shin and extend your left arm up toward the ceiling. Make sure your shoulders are in alignment, as though stacked over your right knee. Maintain and extension of the spine. 3) Look up at your thumb if you can without straining. Breathe in and out slowly. As the left side of you body relaxes and opens up, slide your right hand further down your leg. To make sure your upper body stays in proper alignment, imagine you are sliding between tow pieces of glass. Hold for several breathes. 4) To release, “pinwheel” your arms back up to a standing position. Rest and then reverse the pose. Proud Warrior: 1) Stand tall with your feet separated about 3 feet apart or the length of one leg. Turn your right foot out 90 degrees; turn your left foot in about 30 degrees. As you inhale, stretch your arms out from your shoulders so they form a T with the body. 2) Bend your right knee, forming a right angle with your calf and thigh. Take care that your knee does not extend over the right foot. Your left leg is straight with muscles engaged, and the sole of your left foot is grounded on the floor. Turn your head and gaze over your right hand. Shoulders are down and away from the ears. 3) Bend at the waist as you “pinwheel” your upper torso to the right. If it feels more comfortable, place your right forearm on your right thighbone. Left arm is perpendicular to the floor. Turn your head to the left or gaze up at your raised left hand.

Set Induction: How many of you have ever increased your intensity in a workout? Today we are going to increase our intensity and skill and move from beginning yoga moves and into intermediate moves.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, “Go”, please join me in Mountain pose and wait for further instruction. “Go”.			

<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are standing in Mountain Pose waiting for further instruction. 	<p>For an modified step #2: You may grasp your leg with the palm facing in.</p>	<p>Dancer's Pose: (figure #7)</p> <ol style="list-style-type: none"> 1. Stand with your feet hip-width apart. Shift your weight onto your left foot. Inhale and raise your left arm with the palm facing forward, and hold your arm close by your left ear. 2. Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle. The sole of your right foot faces up; your right knee points down. 3. Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower your upper torso and left arm until nearly horizontal with the floor. Hinge at the waist. 4. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling. 5. Your body looks like a bow strung by an archer. Don't be concerned with the height of your raised leg; go for the stretch and balance. Breathe 	<p>Repeat 2 times on each side.</p>
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		<p>deeply and hold the pose for 10 seconds.</p> <p>6. On an inhalation, raise your upper torso and release your right leg and arms. Do the pose on the opposite side.</p>	
<ul style="list-style-type: none"> • Same as above. 		<p>Victory Squat: (figure #8)</p> <ol style="list-style-type: none"> 1. Begin in Mountain Pose with arms by your sides. On an inhalation, step to the right so your feet are separated wider than your hips. Toes point out slightly. Exhale and bend your knees. Make sure your knees are over your ankles. 2. Inhale and lift your arms up into a V position. Exhale as you lower and bend your elbows so your upper arms are parallel with the floor at shoulder level and your forearms are straight up, palms facing forward with fingers together. Your forearms and upper arms make a 45-degree angle. 3. Your pelvis is neutral and your shoulders are down and away from the ears. Hold the pose for 4 to 6 breaths. 4. Return to Mountain with 	Repeat several times.

		<p>your feet under your hips and arms by your sides. Repeat the squat if you can, widen your stance and bend your knees a little more, taking care that your knees remain over the ankles.</p>	
<ul style="list-style-type: none"> • Same as above. 	<p>If balance is a challenge, let your fingers rest lightly on a high-backed chair or shelf.</p>	<p>Balancing Stick: (figure #9)</p> <ol style="list-style-type: none"> 1. Stand with your feet together. Raise your arms over your head, palms together, if it feels comfortable, cross your thumbs. 2. Inhale and step forward about a foot with your left leg. Point your right toe and rest it lightly on the floor behind you. Your heel is lifted. 3. Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hip as your right leg lifts up straight behind you and your outstretched arms lower down in front of you. Your hips should be level. Viewed from the side, your body forms a T. 4. Breathe normally and hold for 10 seconds. Lower your right leg 	<p>Repeat a total of 2 times per side.</p>

		<p>and raise your arms, returning to start position. Check to make sure your shoulders are down away from your ears.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose and waiting for further instruction. 		<p>Forward Bend: (figure #10)</p> <ol style="list-style-type: none"> 1. Stand with your feet about 12 inches apart, with knees slightly bent. Arms are by your sides. 2. Inhale. Exhale and bring your chin to your chest. As if you were an inflatable doll slowly losing its air, let your upper body sag. If necessary, bend the knees more so that your hands rest on either side of your feet on the floor. 3. Let your upper body hang loosely like a rag doll. To come out of the pose, place your hands on your chins, knees, or thighs, depending on what is most comfortable for you. 4. When returning to an upright position, lift the chin first. Don't come up with a straight back. On an inhalation, slowly uncurl up, one vertebra at a time. Elevate your 	

		<p>body slowly to avoid any light-headedness.</p> <ol style="list-style-type: none"> Once you're upright, gently relax your shoulders back and down. 	
<ul style="list-style-type: none"> Same as above. 	<ul style="list-style-type: none"> If your shoulders are tight, hold a strap between your hands. 	<p>Yoga Mudra: (figure #11)</p> <ol style="list-style-type: none"> Stand with your feet parallel and hip-width apart. Clasp your hands behind you, interlacing the fingers. Bend your knees, tuck your chin toward your chest, and lower into a forward bend. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. Breathe slowly and rhythmically as you hold the pose for 6 counts. On an inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 	
<ul style="list-style-type: none"> Same as above. 	For a more challenging stretch,	Kneeling Lunge with Twist:	

	<p>follow the first steps. Bring your palms together in front of your breastbone in <i>heart center</i>. Slowly rotate your upper body to the right and hook your left elbow outside the right knee. Exhale and gaze back at your right elbow. Breathe slowly and hold for 30 to 60 seconds. Return to center. Repeat on the opposite side.</p>	<p>(figure #12)</p> <ol style="list-style-type: none"> 1. Kneel in cat pose with your arms under your shoulders and your knees under your hips. On an inhalation, move your right foot between both hands, then slide it slightly ahead of your hands. 2. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. 3. Inhale and raise your upper torso. Place both hands on your right knee. 4. Exhale and deepen the lunge by lowering your hips without pinching the lower back. Make sure your knee remains directly over your ankle. 5. Place your left hand on the outside of your right knee and your right hand on the small of your back or over onto the left hip. 6. Engage your abdominal muscles and turn your upper torso to the right. Gently gaze over your right shoulder. Return to center. Repeat on 	
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		the opposite side.	
<ul style="list-style-type: none"> • Same as above. 	<p>For a more advanced pose: Perform the pose with the tops of the feet resting on the floor, hands grasping the heels. Breathe and hold the pose 5 to 30 seconds. Rest in child pose.</p>	<p>Camel: (figure #13)</p> <ol style="list-style-type: none"> 1. Kneel with legs hip-width apart. Place your hands on either side of your lower back, fingers pointing down. 2. Engage the abdominal muscles and move your hips forward as though they were pressing against an imaginary wall. Keep your neck in line with the spine and lift your chest upward. If you are a beginner, stay at this point until you feel comfortable with the pose. 3. Curl your toes under to raise your heels. Engage your abdominal muscles. Inhale and lift the chest. Exhale and slowly bend the torso backward, sliding your hands down your buttocks and the backs of your legs and onto your raised heels. 4. Continue to monitor your neck. You may want to keep your chin tucked slightly toward your chest. Inhale. Exhale as you continue to push the fronts of your thighs, hips, and 	

		<p>abdomen forward.</p> <p>5. Breathe and hold the pose for 5 to 30 seconds. Come out by releasing one hand at a time. Rest in Child Pose.</p>	
<ul style="list-style-type: none"> ◆ 30 mats lined up in roll lines. ◆ Students are lying on their stomachs waiting for further instruction. 		<p>Bow Pose: (figure #14)</p> <ol style="list-style-type: none"> 1. Lie on your stomach with your chin resting on the floor and legs slightly apart. 2. Bend both knees, bringing your heels toward the buttocks. Reach back with your hands and grasp your ankles (one at a time, if it's easier) or loop a strap around your ankles. 3. Exhale and press your pubic bone down by engaging the abdominal muscles. Inhale and slowly raise your head, feet, knees, and thighs. Thighs remain parallel and knees are kept hip distance apart. Feel the shoulder blades squeezing together. 4. Gently rock back and forth without pulling or straining. Breathe. Hold for 10 to 15 seconds. Exhale; release your hands. Slowly lower 	

		and straighten your legs. 5. Relax in Child Pose.	
◆ Same as above.		<p>Pigeon: (figure #15)</p> <ol style="list-style-type: none"> 1. Begin in cat pose, with your arms under your shoulders and knees under your hips 2. Cross your left foot in front of the right knee. Slide and lengthen your right leg straight back. If the stretch is too intense, place a pillow under your left hip. 3. Move the right side of your chest slightly to the left to align the hips, and then lower your chest onto the left leg. Align your elbows under your shoulders. 4. If the hip permits, place your elbows in front of your left knee or lower your body further. If you wish, extend your arms on the floor. Stay in your comfort zone as you feel a nice stretch in the left hip. 5. Place both hands under your shoulders; press into the floor and lift the upper torso, raising your chest like a “puffy-chested pigeon”. Keep your shoulders down 	

		<p>and away from the ears. You should not experience any compression in your lower back.</p> <p>6. To release, come up onto your right knee or shinbone. Uncross your left leg, straighten it behind you, and shake the leg and foot a few times. Repeat on the opposite side.</p>	
<p>Informing Task: Now that we have learned the poses for today, we are going to put those poses into a flowing sequence:</p> <ol style="list-style-type: none"> a. Dancer's Pose b. Victory Squat c. Balancing Stick d. Forward Bend e. Yoga Mudra f. Kneeling Lunge with Twist g. Camel h. Bow Pose i. Pigeon <p>I want you to flow at your own pace during this sequence. The goal is to have one breath with each pose. If you need to take longer on a pose, feel free to do so. This is at your own pace, so whatever feels works for you is what you should be doing.</p>			
<p>Informing Task: We will now begin our cool down. When I say "Go" please join me in child pose and wait for further instruction. "Go".</p>			
<ul style="list-style-type: none"> • 30 mats are lined up in role lines. • Students are in child pose waiting for further instruction. 	<p>For a variation, unfold your arms and place your hands on your knees. Part your knees slightly and make slow circles with them, massaging your hips and sacrum into the floor. Allow your movements to be slow and gentle. Your head stays on the floor at all times.</p>	<p>Knee Hug: (figure #16)</p> <ol style="list-style-type: none"> 1. Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 	

		<ol style="list-style-type: none"> 2. Bend both knees and bring them to your chest. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. 3. Gently roll from side to side, massaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are lying on their backs waiting for further instruction. 	<p>If you are having trouble on step #2: If it is not possible, use a strap on tie.</p> <p>If you are having problems on step #3: If your hamstring muscle is tight, lower your leg to an angle less than 90 degrees.</p>	<p>Spider: (figure #17)</p> <ol style="list-style-type: none"> 1. Lie on your back with your legs extended. Bend your right knee and hug it to your chest for 10 to 15 seconds. 2. Place your left hand firmly on your left thigh. Wrap the thumb and forefinger of your right hand around the big toes of your right foot. Your left leg remains on the floor with the heel extended. 3. Inhale. On the exhalation, slowly straighten your right leg vertically. If your neck permits it, raise your forehead toward your knee. Keep a space between your chin and chest. Elongate the 	<p>Repeat on the other side.</p>

		<p>back of your neck.</p> <p>4. Hold the pose for 15 to 30 seconds. Slowly lower the leg.</p>	
<p>◆ Same as above.</p>		<p>Knee Rocking: (figure #18)</p> <ol style="list-style-type: none"> 1. Sit on a mat with both legs out in front of you and spine comfortable extended. Depending on how much flexibility you have in your hips, you may want to sit on a folded blanket or towel 2 to 4 inches in height. 2. Lift your right leg and bend it at the knee. Wrap your arms around the lower leg so that your right foot nestles in the crook of your left elbow or in your hand. Be gentle with your knee and don't force the movement. Cradle the leg with both arms and if you can, clasp your left and right hands. 3. Use your arms to bring your leg toward your chest and abdomen. Keep your back straight and hold the leg as high and close to you as possible without straining. 4. Moving from the hip 	<p>Complete this 4 times on each side.</p>

		joint, gently rock your leg back and forth in a sideways motion as though you were rocking a baby.	
◆ Same as above.		<p>Seated Head-To-Knee: (figure #19)</p> <ol style="list-style-type: none"> 1. Sit with your back straight and spine comfortably extended. Relax your shoulders down and away from the ears. Both legs are extended on the floor in front of you. 2. Inhale and bend your leg. Place your left foot in the crook of your right elbow. Exhale and wrap your left arm around your left leg and interlace the fingers of both hands. Gently rock your leg side-to-side for 30 to 60 seconds. 3. Inhale and press the heel of your right foot firmly into the floor. Exhale and hinging at the hips, come forward. Bring your head toward your right knee. 4. Inhale and lengthen along the spine. Exhale and pull gently on your bent leg, using it as a lever to bring the front of your body closer to 	Complete this pose 2 times on each side.

		<p>your right thigh.</p> <p>5. Relax and deepen into the pose. Hold for 20 to 30 seconds.</p>	
<p>◆ Same as above.</p>		<p>Seated Angle: (figure #20)</p> <ol style="list-style-type: none"> 1. Sit on a folded blanket or towel with your spine comfortably extended. Roll your shoulders down and away from your ears. 2. Separate your legs a comfortable distance apart. Your toes and knees point to the ceiling and are not internally or externally rotated. 3. Place your hands on the floor in front of you with palms down. Elbows are soft. Inhale, keeping the spine extended. Exhale and bend forward, keeping the sit bones on the floor. Your upper back remains flat and broad; your toes and knees point to the ceiling. 4. With each exhalation, try to move your hands away from you a tiny bit further, bringing your upper body closer to the floor. Hold for 30 to 60 seconds. 	

Informing Task: We are now moving into final relaxation. Go ahead and get into a comfortable position and relax. Reflect on how your body felt before you came to class, and how it feels now.

Closure: You all are doing so great. Thank you for a great class period. Don't forget to write in your journals. Have a great day.



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12

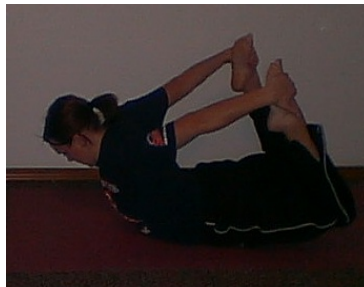


FIGURE 13



FIGURE 14



FIGURE 15

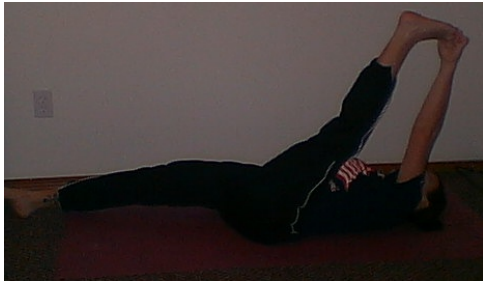


FIGURE 16



FIGURE 17



FIGURE 18



FIGURE 19



FIGURE 20

**Yoga Unit
Lesson #27
Intermediate Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Warm-up:

- a. Belly and Chest Breathing (figure 1.1 & 1.2)
- b. Fully Body Stretch
- c. Pelvic Tilt (figure 2)
- d. Truck Rotation
- e. Side-to-Side Stretch (figure 3)

Sequence:

- a. Balancing The Cat II (figure 4.1 & 4.2)
- b. Kneeling Lunge (figure 5.1 & 5.2)
- c. Kneeling Lunge with twist (figure 6)
- d. Camel (figure 7.1, 7.2, & 7.3)
- e. Downward Dog (figure 8.1 & 8.2)
- f. Proud Warrior (figure 9.1 & 9.2)
- g. Balancing Stick (figure 10.1 & 10.2)
- h. Dancer's Pose (figure 11)
- i. Boat (figure 12)

Cool-down:

- a. Tree Pose (figure 13.1 & 13.2)
- b. Hero (figure 14)
- c. Reclining Spinal Twist (figure 15)
- d. Knee Hug (figure 16)
- e. Corpse (figure 17)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

- 30 yoga pillow

Instant Activity: Okay class let begin by lying down on your back. We are going to start off with **Belly and Chest breathing** 1) Close your eyes. Place your hands lightly on your belly. Focus your awareness there. 2) Breathe in slowly. Feel your belly begin to expand and round. Your chest should not move. If you'd like, count to 5 as you inhale. 3) Exhale slowly and feel your belly begin to flatten if you'd like count to 5 as you exhale. 4) Rest for a few seconds and repeat 6 more times. 5) Move your hands so that they rest on your upper chest. 6) Shift your attention to the middle of your chest. Inhale and imagine the breath expanding in to the front, sides and back of the chest. Feel your ribs cage expand. 7) exhale completely. 8) Continue breathing in this manner 6 more times, counting inhalations and exhalations if you wish. Now still staying on your backs, lets move to your next warm-up pose the **Full Body Stretch:** we want to make sure that your chins is not higher than your forehead. 1) on an inhalation, bring your arms up over your head and onto the floor, so that the backs of your hands rest on the mat or towel. 2) Exhale and stretch your arms and legs in opposite directions. Open your hands so your fingers are splayed; point your toes. Open you mouth and your eyes wide. Really stretch. Imagine that a friend has taken hold of your wrists while another friend holds your ankles. Together they gently and lovingly pull on your wrist and ankles, giving you the best stretch you've ever had. 3) continue to breathe, stretching further with each exhalation. 4) Exhale deeply, return your arms to your sides, and relax your entire body. Feel a sense of letting go as you release further into the floor. Still on your backs but with your hands on your abdomen or with arms a comfortable distance from your body with palms up. **Pelvic Tilt:** 1) Make sure your chin is not higher than your forehead. Legs are separate about hip-distance apart, with instep parallel. Knees are bent to help lengthen the lower back. 2) On an exhalation, pull the navel toward the spine. Abdominal muscles are contracted. 3) Inhale and relax the abdominals; on the exhalation, continue to pull your navel toward the spine. 4) Feel increased circulation in the lower back and a lengthening of the lumbar spine as though your tailbone were lengthening toward the front the room. The buttocks stay on the floor at all times. 5) Repeat 8 to 10 times. **Trunk Rotation:** 1) lying on your back with legs extended about hip-distance apart. Make sure your chin is not higher than your forehead. 2) Bend your legs and bring both knees to your chest. 3) Extend your arms to each side in a "T" position, palms turned up. 4) Inhale. On an exhalation, bring your legs 3 to 5 inches to the right, while turning your head slowly to the left. Keep your legs close together. Don't allow the sides of your legs to touch the floor. Keep your abdominals and the muscles along the sides of your body engaged. 5) Inhale and use your inhalation to help raise your knees and head back to the center. Exhale in a controlled manner, and let your knees go to the right, while your head turns to the left. Again, don't let your legs touch the floor. 6) Alternate sides 8 to 10 times. Now lets move into a table position knees under your hips and arms beneath your shoulders. **Side-to-Side Stretch:** 1) Your back is straight, and your head faces downward. 2) Turn your head to the left, so that you are looking behind you. At the same time, move your lower body to the left so that your body is in the shape of a comma. 3) Now reverse the stretch so you are making a comma of your body on the right side. 4) Alternate 5 times each side.

Set Induction: Today your sequences are going to consist of immediate yoga poses. We will start with balancing the cat II, kneeling lunge, kneeling lunge with twist, camel, downward dog, proud warrior, balancing stick, dancer's pose, and boat.

MAF	Extensions	Refinements	Applications
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Informing Task: So lets begin in a table position with your arms under your shoulders and knees under your hips.

	<ul style="list-style-type: none"> • If this is not possible, make two fists and rest on your knuckles 	<p>muscles.</p> <ol style="list-style-type: none"> 1. Kneel in “Table Position” with your arms under your shoulders and your knees under your hips. 2. On an inhalation, move your right foot between both hands, then slide it slightly ahead of your hands. 3. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. 4. Slide your foot forward so your shinbone is straight. Make sure your knee is directly over your ankle. Keep your palms flat on the floor. Hang your head forward. 5. Breathe slowly. Feel the stretch across your left thigh through the hip crease into the lower back. 6. Push on the floor with your hands to gently move back and out of the pose. 	<ul style="list-style-type: none"> • Hold for 20 seconds to 1 minute. • Repeat on left side.
	Kneeling Lunge with Twist:	Kneeling Lunge with Twist: this added advantage of	Kneeling Lunge with Twist:

		<p>toning and trimming the waistline.</p> <ol style="list-style-type: none"> 1. Follow from the previous pose steps 1-4. 2. Inhale and raise your upper torso. Place both hands on your right knee. 3. Exhale and deepen the lunge by lowering your hips without pinching the lower back. Make sure your knee remains directly over your ankle. 4. Place your left hand on the outside of your right knee and your right hand on the small of your back or over onto the left hip. 5. Return to center. 6. Bring your palms together in front of your breastbone in Namaste. Slowly rotate your upper body to the right and hook your left elbow outside the right knee. 7. Exhale and gaze back at your right 	<ul style="list-style-type: none"> • Repeat on the opposite side. • Breathe slowly and hold for 30 to 60
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	<p>Camel:</p> <ul style="list-style-type: none"> • If you feel like you are not ready, stay at this point until you feel comfortable with the pose. • For a more advanced you may wish to perform the pose with the tops of your feet resting on the floor, hands grasping the heels. Breathe and hold the pose 5 to 30 seconds. Then come 	<p>elbow. 8. Return to center. Repeat on the opposite side.</p> <p>Camel: gives an intense stretch to the front of the body and the spine. It relieve backache, helps correct rounded shoulders, strengthens the lower back, and stimulate the kidneys and thyroid gland.</p> <ol style="list-style-type: none"> 1. Kneel with legs hip-width apart. Place your hands on either side of your lower, fingers pointing down. 2. Engage the abdominals and move your hips forward as though they were pressing against an imaginary wall. Keep your neck in line with your spine and lift your chest upward. 3. Curl your toes under to raise your heels. Engage your abdominals. 4. Inhale and lift the chest. Exhale and slowly bend the torso backward, sliding your hands down your buttocks and the backs of your legs and onto your raise heels. Continue to monitor your neck. You want to keep your chin tucked slightly 	<p>seconds</p> <p>Camel:</p>
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<ul style="list-style-type: none"> Students come from child pose to a table position. 	<p>to child pose.</p> <p>Downward Dog:</p> <ul style="list-style-type: none"> If you can raise your left leg straight up toward the ceiling. Don't allow the left hip 	<p>toward your chest.</p> <ol style="list-style-type: none"> Inhale. Exhale as you continue to push the fronts of your thighs, hips, and abdomen forward. Come out by releasing one hand at a time. Rest in child pose. <p>Downward Dog: aligns the spinal column, releases tension in the shoulders, and strengthens the arms and legs.</p> <ol style="list-style-type: none"> Begin in table position, with your arms under your shoulders and your knees under your hips. Inhale; tuck your toes under. Exhale; straighten your legs. Initially, keep your knees slightly bent to help extend the spine. Push your palms down into the floor. Press your chest toward your thighs and shin. Visualize your tailbone extending toward the ceiling. Allow your ears to touch your upper arms so that your neck is free of tension. Keeping one knee bent, allow the heel of the other foot to process toward on the floor; 	<ul style="list-style-type: none"> Breathe and hold the pose for 5 to 30 seconds <p>Downward Dog:</p> <ul style="list-style-type: none"> Breathe deeply as you hold the pose for 20 to 30 seconds. Heels may be off the floor.
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<ul style="list-style-type: none"> Students are standing tall with your feet separated about 3 feet apart or length of one leg. 	<p>to raise higher than the right hip. Rotate your left foot a few times in one direction and then the other. Alternate flexing your left foot and pointing your toes several times. Return your left to the floor. Raise your right leg, performing the same foot stretches. Lower your leg and return to table position.</p> <p>Proud Warrior:</p>	<p>alternate one leg and then other for several breaths.</p> <p>Proud Warrior: The benefit of this pose is strengthening the leg and thigh muscles.</p> <ol style="list-style-type: none"> Turn your right foot out 90 degree; turn your left foot in toward the right about 30 degree. As you inhale, stretch your arms out from your shoulders so they form a T with the body. Bend your right knee forming a right angle with your calf and thigh. Take care that your knee does not extend over the right foot. Your left leg is straight, with muscles 	<p>Proud Warrior:</p>
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	<ul style="list-style-type: none"> If you want to you can lower your right hand on to the floor. <p>Balancing Stick Pose:</p> <ul style="list-style-type: none"> If it feels comfortable, cross your thumbs 	<p>engaged, and the sole of your left foot is grounded on the floor.</p> <ol style="list-style-type: none"> Turn your head and gaze over your right hand. Shoulders are down and away from your ears. Bend at the waist as you “pinwheel” your upper torso to the right. If comfortable place your right forearm on your right thighbone. Left arm is perpendicular to the floor. Turn your head to the left or gaze up at your raise left hand. Raise your left arm directly above the right. Straighten your upper body and then your leg. Lower your arms to your side. <p>Balancing Stick Pose: it tones and firms your legs, hips, buttocks, shoulders, and arms as it increases circulation and works the heart.</p> <ol style="list-style-type: none"> Stand with your feet together. Raise your arms over your head, palms together Inhale and step forward 	<ul style="list-style-type: none"> Hold for several breaths. Turn your feet the opposite way and repeat on the left side. <p>Balancing Stick Pose:</p>
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	<ul style="list-style-type: none"> • If your balance is a challenge, let your fingers rest lightly on high-backed chair. <p>Dancer's Pose:</p>	<p>about a foot with your left leg. Point your right toe and rest it lightly on the floor behind. Your heel should be lifted.</p> <ol style="list-style-type: none"> 3. Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hips as your right leg lifts up straight behind you and outstretched your arms lowering down in front of you. Your hips should be level. Viewed from the side it should look like a "T". 4. Lower your right leg and raise your arms, returning to start position. Check to sure your shoulders are down away from your ears. Lets repeat on the other side. <p>Dancer's Pose: this pose strengthens and tones the legs and tightens the muscles of upper arms, buttocks, and hips.</p> <ol style="list-style-type: none"> 1. Stand erect with your spine elongated and your feet hip-width apart. 2. Shift your weight onto your left foot. 3. Inhale and raise your left 	<ul style="list-style-type: none"> • Breathe normally and hold for 10 seconds • Do this pose 4 times. <p>Dancer's Pose:</p>
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	<ul style="list-style-type: none"> • If it's comfortable, you may grasp your leg with the palm facing in. • Don't be concerned with height of your raised leg- go for the stretch and balance. <p>Boat:</p>	<p>arm with the palm facing forward, hold your arm close by your left ear.</p> <ol style="list-style-type: none"> 4. Exhale and bend your right leg behind you. With your right hand, palm facing out, grasp the inside of your ankle. 5. The sole of your right foot faces up; your right knee points down. 6. Inhale and focus on a spot on the floor in front of you. Exhale and very slowly lower upper torso and left arm until nearly horizontal with the floor. Hinge at the waist. 7. Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling. 8. On inhalation, raise your upper torso and release your right leg and arms. <p>Boat: This pose really works the "power center" the abdominal area. In addition, to toning and strengthening the abdominal muscles, thighs, and hip flexors.</p> <ol style="list-style-type: none"> 1. Sit on the floor with your spine erect. Knees are bent; feet 	<ul style="list-style-type: none"> • Breathe deeply and hold the pose for 10 seconds. • Do the pose on the opposite side, then repeat on each side once more. <p>Boat:</p>
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	<ul style="list-style-type: none"> • If this is too strenuous initially, keep your knees bent. • If your back begins to round, bend your legs slightly. 	<p>are flat on the floor.</p> <ol style="list-style-type: none"> 2. Bring your arms to the outside of your legs and grasp the backs of your thighs with your hands. 3. Inhale and lean backward, balancing on your sitting bones. The tips your toes remain on the floor. 4. Your pelvis is in a neutral position. Exhale as you draw your navel in. Make sure your spine remains elongated. 5. Inhale and lift your toes off the floor and straighten your legs. 6. When you feel balanced, release your hands from your thighs and straighten your arms alongside your legs, palms facing in. 7. Gaze toward your knees. Breathe. 	<ul style="list-style-type: none"> • Hold for 8 to 10 seconds.
Informing Task: Now lets stand with erect your eyes fixed on a focal point in front of you.			
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are standing in Mountain Pose. 	Tree:	Tree: This pose improves your posture and helps stabilize the pelvis, elongate the spine, strengthen the	Tree:

<p>Hero:</p> <ul style="list-style-type: none"> • Students sit with their back straight, spine extended. 	<ul style="list-style-type: none"> • If it is difficult to maintain your balance, you may also perform this pose while lying on your back. • If you are holding onto your leg, raise your other hand to middle of the chest or rest your open palm at the heart center. <p>Hero:</p>	<p>legs and ankles, and increase flexibility of the inner thigh muscles.</p> <ol style="list-style-type: none"> 1. Bear the weight of your right leg by tightening the thigh muscle. 2. Inhale and raise your left leg, placing the sole of your foot onto the calf muscle or inner thigh of the standing leg. If your foot slips, hold your ankle with one hand. 3. Stretch the inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply. 4. Once you are balanced, you may raise your arms above your head or clasp your hand in Namaste at the center of the chest. 5. Return your raised leg to the floor and lower your arm. <p>Hero: this pose opens the hips and hip joints and keeps the knees flexible.</p> <ol style="list-style-type: none"> 1. Cross your legs so that your right knee rests on top of your left 	<ul style="list-style-type: none"> • Hold for 8 to 10 seconds. • Repeat on the other side. <p>Hero:</p>
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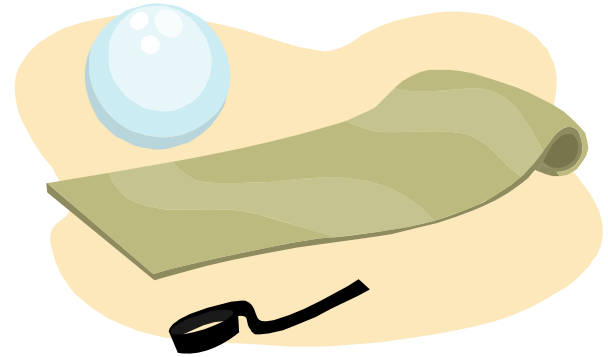
<p>Reclining Spinal Twist:</p> <ul style="list-style-type: none"> • Students are lying their backs 	<p>Reclining Spinal Twist:</p>	<p>knee.</p> <ol style="list-style-type: none"> 2. Place the palms of your hands on the soles of your feet. 3. Move your feet away from your hips so that you feel a stretch in the hips. 4. Inhale and make sure your spine is extended and that your shoulders are down and away from your ears. 5. Exhale and fold your upper body down toward your knees; don't lift the sitting bones from the floor. 6. Relax and breathe slowly. 7. Return to an upright position. <p>Reclining Spinal Twist: this pose is a centering pose that calms the mind and the nervous system as it balances the flow of energy throughout the body.</p> <ol style="list-style-type: none"> 1. Bend both knees, with feet flat on the floor. Move your hips and buttocks 2 inches to the right and then bring knees into your chest. 2. Extend your arms out 	<ul style="list-style-type: none"> • Repeat with your left knee on your right knee. <p>Reclining Spinal Twist:</p>
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	<ul style="list-style-type: none"> You can place a pillow between your knees if it is difficult to keep them together. <p>Knee Hug:</p> <ul style="list-style-type: none"> If you feel any strain in your neck, place a folded towel under your neck. 	<p>to the sides on the floor in a “V” position, palms up. Roll your legs and hips to the left, touching the floor. Your right foot is on the left foot; your right knee is on the left knee.</p> <ol style="list-style-type: none"> If your back arches, move your knees closer to your ribs. Turn your palms up; angle your to 45 degree (in a V-Shape) so your shoulders feel comfortable. Slowly turn your head to the right, away from your knees. Allow your back to relax. Slowly roll your legs and head back to center. <p>Knee Hug: this stretches the lower back muscles while massaging the entire back and lower abdominals organs.</p> <ol style="list-style-type: none"> Lie on your back with your head resting comfortably on the floor. Make sure your chin is not higher than your forehead. Bend both knees and 	<ul style="list-style-type: none"> Hold for 30 to 60 seconds. Repeat on the other side. <p>Knee Hug:</p>
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	<ul style="list-style-type: none"> • For a variation, unfold your arms and place your hands on your knees. Part your knees slightly and make slow circles with them, messaging your hips and sacrum into the floor. <p>Corpse Pose:</p> <ul style="list-style-type: none"> • If you feel any discomfort in your back, you can place a towel. 	<p>bring them to your chest.</p> <ol style="list-style-type: none"> 3. Wrap your arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. 4. Gently roll from side to side, messaging the lower back. Your head rests comfortably on the floor and moves in the same direction as the body. 5. Allow your movements to be slow and gentle. Your head stays on the floor at all times. <p>Corpse Pose: This is a resting pose allows the body and mind to absorb the benefits of the previous poses.</p> <ol style="list-style-type: none"> 1. Lie flat on your back. Your arms are by your sides, palms up. 2. Keep your legs about a foot apart. 3. Close your eyes 4. Breathe deeply <p>Relax</p>	<p>Corpse Pose:</p> <ul style="list-style-type: none"> • Remain in corpse for about 3 to 5 minutes
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Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.

Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.



Lesson #27

Picture Poses

Warm-up Poses



Figure 1.1 Belly and Chest Breathing



Figure 2 Pelvic Tilt



Figure 1.2 Belly and Chest Breathing



Figure 3 Trunk Rotation



Figure 4 Side-to-Side Stretch

Sequence Poses



Figure 4.1 Balancing Cat II



Figure 4.2 Balancing Cat II



Figure 5.1 Kneeling Lunge



Figure 5.2 Kneeling Lunge

Sequence Poses



Figure 7.1
Camel



Figure 7.2
Camel



Figure 7.3 Camel



Figure 8.1 Downward Dog



Figure 8.2
Downward Dog

Sequence Poses



Figure 10.1
Proud Warrior



Figure 11.1
Balancing Stick



Figure 11.2 Balancing Stick



Figure 10.2
Proud Warrior



Figure 12
Boat

Cool-Down Poses



Figure 13.1
Tree



Figure 14.1
Hero



Figure 13.2
Tree



Figure 14.2 Hero

Cool-Down Pose



Figure 15 Reclining Spinal Twist



Figure 17 Corpse Pose



Figure 16 Knee hug

**Central Washington University
Yoga Unit
Lesson #28
Yoga Whole Body**

Objectives

B. Student (NASPE 1, 2, 3, 4, 5, 6. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to

1. Demonstrate

Warm Up Poses:

- a. Trunk Rotations (figure 1)
- b. Spinal Rocking (figure 2)
- c. Alternating Leg Lifts (figure 3)
- d. Pelvic Tilt (figure 4)
- e. Pelvic Lift (figure 5)
- f. Knee Hug (figure 6)

Sequence Poses:

- a. Modified Head of Cow (figure 7)
- b. Downward Facing Dog (figure 8)
- c. Inclined Plane (figure 9)
- d. Kneeling Lunge with Twist (figure 10)
- e. Camel (figure 11)
- f. Archer's Pose (figure 12)
- g. Yoga Mudra (figure 13)
- h. Chair (figure 14)
- i. Standing-On-Toes (figure 15)
- j. Eagles (figure 16)
- k. Tree (figure 17)

Cool Down Poses:

- a. Bent Knee Sitting Forward Bend (figure 18)
- b. Hero's Pose (figure 19)
- c. Cat Stretch (figure 20)
- d. Child's Pose (figure 21)

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- Soft Music
- CD Player
- Microphone Headset

Instant Activity: (See Warm Up figures 1-6 at end of lesson) Today we will begin our warm up with Trunk Rotations: 1) Lie on your back with legs extended about hip-distance apart. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 2) Bend your legs and bring both knees to your chest. Extend your arms to each side to a T position, palms turned up. 3) Inhale. On an exhalation, bring your legs 3 to 5 inches to the right, while turning your head slowly to the left. Keep your legs close together. Don't allow the sides of your legs to touch the floor. Keep your abdominal muscles and the muscles along the sides of your body engaged. 4) Inhale and use your inhalation to help raise your knees head back to center. Exhale in a controlled manner, and let your knees go to the right, while your head turns to the left. Again, don't let your legs touch the floor. Alternate sides 8 to 10 times. Spinal Rocking: 1) Lying on your back, bring your knees into your chest and place your hands beneath the knees. Slowly bring your forehead toward your knees. 2) From this position, begin to rock 2 to 3 inches forward and back, massaging your spine. If your spine allows it, inhale and rock up onto your sitting bones. Exhale, keep your chin toward the chest, leaving space between the chin and chest, leaving space between the chin and chest, and rock back only onto your upper back and shoulders, not onto your neck or head. Continue rocking for 4 to 6 breathes. Alternating Leg Lifts: 1) Lie on your back with both legs extended on the floor. Mke sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 2) Bring both knees to your chest. Engage your abdominal muscles 20 percent by pulling your navel toward your spine. Keep the lower back in contact with the floor. Do not arch it. 3) Exhale and lower your toes to the floor approximately 12 inches from your buttocks. Inhale and bring your knees back up to your chest. Do 8 to 10 reps. Pelvic Tilt: 1) Lie on your back with hands on abdomen or with arms a comfortable distance from the body with palms up. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. 2) Legs are separated about hip-distance apart, with insteps parallel. Knees are bent to help lengthen the lower back. On an exhalation, pull the navel toward the spine. Abdominal muscles are contracted. 3) Inhale and relax the abdominal muscles; on the exhalation, continue to pull your navel toward the spine. Repeat 8 to 10 times. Pelvic Lift: 1) Lie on your back with your arms a comfortable distance from the body, with palms down. Make sure your chin is not higher than your forehead. If you feel any strain in your neck, place a folded blanket or towel under your head. Your legs should be separated about hip-distance apart, with insteps parallel. Your knees are bent to help lengthen the lower back. Maintain a slight pelvic tilt. 2) On an inhalation, press evenly into the soles of the feet and raise your pelvis an inch from the floor. Exhale and pelvis down to the floor. Inhale, press into the soles of your feet, and raise your pelvis 2 inches form the floor. We often have a tendency to externally rotate our legs and feet. Don't put all you weight on the outside of your feet; make sure there is an even distribution of weight at the soles of your feet. Feel your big toes and inner heel mounds pressing down. 3) With each inhalation, gradually begin to lift the pelvis a little higher. Use your inhalations and exhalations to smoothly lift and lower the tailbone, sacrum, lower back, and possibly part of your neck and abdomen off the floor. Listen to your body to determine a comfortable elevation. Knee Hug: 1) Lie on your back with your head resting comfortable on the floor. Make sure your chin is not higher than your forehead if you feel any strain in your neck, place a folded blanket or towel under your head. Bend both knees and bring them to your chest. 2) Wrap both arms around both shins, grasping your forearms or wrists. Lightly squeeze your legs. Gently roll from side to side, massing the lower back. Your head rests comfortably on the floor and moves in the same direction as the body.

Set Induction: How many of you would like to learn a total body workout for yoga? Well today you are in luck because today, our sequence will help us tone our whole body.

MAF	Extensions	Refinements	Applications
Informing Task: When I say, "Go", please join me sitting in criss cross applesauce and wait for further instruction. "Go".			

<ul style="list-style-type: none"> • 30 mats lined up in roll lines • Students are sitting criss cross applesauce and waiting for further instruction. 		<p>Modified Head of Cow: (figure #7)</p> <ol style="list-style-type: none"> 1. Sit in a comfortable position on the mat. Make sure your back is straight with your spine comfortable extended. Your shoulders are relaxed and away from your ears. 2. Raise your right arm beside your right ear. Bend at the elbow and reach over your right shoulder. Your hand rests near the middle of your upper back. 3. Raise your left arm to shoulder height, bending at the elbow; the palm faces out. Reach toward your right hand and interlock the fingers of both hands. 4. Using gentle but steady pressure, allow your left hand to pull your right hand down and across, toward your left shoulder. 5. Your left elbow points down to the floor as your right elbow points straight up. The upper right arm remains as close to your right ear as possible; your forearm is behind your 	<p>Complete this pose 3 times on each side.</p>
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		<p>head. Breathe and hold the stretch for 8 to 10 seconds. Release and reverse the stretch.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are in cat pose waiting for further instruction. 		<p>Downward Facing Dog: (figure #8)</p> <ol style="list-style-type: none"> 1. Begin in cat pose with your arms under your shoulders and your knees under your hips. 2. Inhale; tuck your toes under. Exhale, straighten you legs. Initially, keep your knees slightly bent to help extend the spine. 3. Push your palms down into the floor. Press your chest toward your thighs and shins. Visualize your tailbone extending toward the ceiling. Allow your ears to touch your upper arms so that your neck is free of tension. 4. Breathe deeply as you hold the pose for 20 to 30 seconds. Heels may be off the floor. Keeping one knee bent; allow the heel of the other foot to proceed toward the floor; alternate one leg and then the other for several breaths. 5. Raise your left leg 	

		<p>straight up toward the ceiling. Don't allow the left hip to rise higher than the right hip. Rotate your left foot a few times in one direction and then the other. Alternate flexing your left foot and pointing your toes several times.</p> <p>6. Return your left leg to the floor. Raise your right leg, performing the same foot stretches. Lower your leg and return to table position.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are sitting on the floor with their legs extended. 		<p>Inclined Plane: (figure #9)</p> <ol style="list-style-type: none"> 1. Sit on the floor with your legs extended. Your palms are flat on the floor behind you, fingers pointing away from your back. 2. Lean back onto your palms. Inhale and raise your hips toward the ceiling. Contract the abdominal muscles and the buttocks. 3. Exhale and slowly drop your head back. If you have any neck problems keep your chin tucked slightly toward the chest. Hold for several breathe. 4. Bring your head up and 	

		<p>gaze down at your feet. Hold for a few seconds. Lower your hips. Bring your arms to your sides and shake out your hands.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are in cat pose waiting for further instruction. 	<p>For a more challenging stretch, follow the first steps. Bring your palms together in front of your breastbone in <i>heart center</i>. Slowly rotate your upper body to the right and hook your left elbow outside the right knee. Exhale and gaze back at your right elbow. Breathe slowly and hold for 30 to 60 seconds. Return to center. Repeat on the opposite side.</p>	<p>Kneeling Lunge with Twist: (figure #10)</p> <ol style="list-style-type: none"> 1. Kneel in cat pose with your arms under your shoulders and your knees under your hips. On an inhalation, move your right foot between both hands, and then slide it slightly ahead of your hands. 2. Exhale and bend your right knee to move both hips forward until your knee is fully bent without creating pain in the knee. 3. Inhale and raise your upper torso. Place both hands on your right knee. 4. Exhale and deepen the lunge by lowering your hips without pinching the lower back. Make sure your knee remains directly over your ankle. 5. Place your left hand on the outside of your right knee and your right hand on the small of your back or over onto 	

		<p>the left hip.</p> <p>6. Engage your abdominal muscles and turn your upper torso to the right. Gently gaze over your right shoulder. Return to center. Repeat on the opposite side.</p>	
<ul style="list-style-type: none"> • Same as above. 		<p>Camel: (figure #11)</p> <ol style="list-style-type: none"> 1. Kneel with legs hip-width apart. Place your hands on either side of your lower back, fingers pointing down. 2. Engage the abdominal muscles and move your hips forward as though they were pressing against an imaginary wall. Keep your neck in line with the spine and lift your chest upward. If you are a beginner, stay at this point until you feel comfortable with the pose. 3. Curl your toes under to raise your heels. Engage your abdominal muscles. Inhale and lift the chest. Exhale and slowly bend the torso backward, sliding your hands down your buttocks and the backs of your legs and onto your raised heels. 4. Continue to monitor 	

		<p>your neck. You may want to keep your chin tucked slightly toward your chest. Inhale. Exhale as you continue to push the fronts of your thighs, hips, and abdomen forward.</p> <p>5. Breathe and hold the pose for 5 to 30 seconds. Come out by releasing one hand at a time. Rest in Child Pose.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in role lines. • Students are standing in Mountain Pose waiting for further instruction. 		<p>Archer's Pose: (figure #12)</p> <ol style="list-style-type: none"> 1. Stand with your spine erect and your feet about 3 feet apart. Your shoulders are down and away from your ears. Turn your right foot out 90 degrees; turn your left foot in about 30 degrees. 2. Keep your hips and shoulders facing forward. Bend your right knee so that it is directly over the ankle. 3. Make fists and bring them to your upper chest. Straighten your right arm and look in that direction. Imagine there is a large bow in your right hand; with your left hand, pull back on the string. Make 	<p>Complete 2 times on each side.</p>

		<p>sure left shoulder does not round forward.</p> <ol style="list-style-type: none"> 4. Bend your right knee a little more and sink down, keeping your gaze fixed on the target. Keep your right knee positioned over the right ankle. With practice, you may be able to lower your hips so that your right thigh is parallel to the floor. 5. Breathe slowly and deeply into the center of your chest. Engage your abdominal muscles and pull back more with your left hand. Make sure your shoulders remain down and away from your ears. Hold for a minute. Lower your arms and straighten your legs. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Yoga Mudra: (figure #13)</p> <ol style="list-style-type: none"> 1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you, interlacing the fingers. 2. Bend your knees, tuck your chin toward your chest, and lower into a forward bend. 3. With your hands still clasped, allow your arms to fall forward up 	

		<p>over your lower or upper back without straining. Breathe slowly and rhythmically as you hold the pose for 6 counts.</p> <ol style="list-style-type: none"> 4. On an inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. 5. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Chair: (figure #14)</p> <ol style="list-style-type: none"> 1. Stand with your feet directly under your hips in Mountain. Arms and hands are held straight out in front at shoulder level. Keep your shoulders relaxed, back, and down. 2. Inhale. On an exhalation, slowly begin lowering your body into a squat position as though you were about to sit in an imaginary chair. Do not go beyond 90 degrees at the knees. 3. Keep your feet flat on the floor, hip-width 	<p>Repeat 3 more times.</p>

		<p>apart, with your knees over your ankles. Breathe slowly as your gaze beyond your arms. Keep your heels hold for a count of 5 breaths. Return to a standing position with arms remaining at shoulder level.</p> <ol style="list-style-type: none"> 4. From this standing position, inhale and lift your heels off the floor. On an exhalation, slowly begin lowering your body into a squat position, again sitting in an imaginary chair. Do not go beyond 90 degrees at the knees. 5. Breathe deeply and hold for a count of 5. Inhale and rise back up to a standing position. Lower your arms and return to Mountain Pose. Feel the energy course through your body. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Standing-on-toes: (figure #15)</p> <ol style="list-style-type: none"> 1. Stand in Mountain Pose, with arms by your sides. Inhale and raise your heels from the floor, rising up onto the balls of your feet. Exhale and come back down. Repeat for 4 to 6 	<p>Repeat 3 times.</p>

		<p>breathes.</p> <ol style="list-style-type: none"> 2. Inhale and lift your heels from the floor, rising up onto the balls of your feet and raising your arms overhead. Repeat with feet and arms several times. Remain on your toes with the arms raised for 4 to 6 breaths. 3. Return your feet to the floor and your arms to your sides. 	
<ul style="list-style-type: none"> • Same as above. 		<p>Eagle: (figure #16)</p> <ol style="list-style-type: none"> 1. Stand with your feet together and your back straight and spine elongated. Stretch your arms out to both sides. 2. Bring your left arm under the right, crossing both arms at the elbow. Place your hands together, palms facing each other. Pull your upper arms to your chest and bring your hands toward your face, if possible, allow your fingers to touch your nose and place your thumbs under your chin. 3. Bend both knees slightly. To assist with balance, gaze at a spot in front of you and 	

		<p>breathe deeply. Slowly cross your left leg over your right thigh. If you can, wrap your left foot around the right ankle or calf. Bend your right leg a little further. Your spine remains straight, and your hips are forward. Breathe deeply and hold for 10 to 15 seconds.</p> <p>4. If your balance falters, try to concentrate on your breathing and focus on the spot in front of you. Release your arms first and then uncross and straighten your legs.</p>	
<ul style="list-style-type: none"> • Same as above. 		<p>Tree: (figure #17)</p> <ol style="list-style-type: none"> 1. Stand erect with your eyes fixed on a focal point in front of you. If it is difficult to maintain your balance, you may also perform this pose while lying on your back. 2. Bear the weight of your body on your right leg by tightening the thigh muscle. Inhale and raise your left leg, placing the sole of the foot onto the calf muscle or inner thigh of the standing leg. If your 	

		<p>foot slips, hold your ankle with one hand.</p> <ol style="list-style-type: none"> Stretch the inner groin of the bent leg by taking the knee out to the side, aligning the knee with the hip. Breathe deeply. Once you are balanced, you may raise your arms above your head or clasp your hands in <i>heart center</i> at the center of the chest. If you are holding onto your leg, raise your other hand to the middle of the chest or rest your open palm at the heart center. Hold for 8 to 10 breaths. Return your raised leg to the floor and lower your arms. Repeat on the other side. 	
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Informing Task: Now that we have learned the poses for today, we are going to put those poses into a flowing sequence:

1. Modified Head of Cow
2. Downward Facing Dog
3. Inclined Plane
4. Kneeling Lunge with Twist
5. Camel
6. Archer's Pose
7. Yoga Mudra
8. Chair
9. Standing-On-Toes
10. Eagles
11. Tree

Informing Task: We will now begin our cool down. When I say "Go", please join me sitting on the floor and waiting for further instruction. "Go".

<ul style="list-style-type: none"> • 30 mats are lined up in role lines. • Students are sitting on the floor waiting for further instruction. 	<p>.</p>	<p>Bent Knee Sitting Forward Bend: (figure #18)</p> <ol style="list-style-type: none"> 1. Sit with your spine erect. Extend your right leg. Bend your left leg at the knee and press the sole of your foot into the inner thigh of the extended right leg. 2. On an inhalation raise your arms up over your head, with palms facing each other. Exhale, fold your upper body toward the thigh of your extended leg, hinging at the hips. 3. Your back should be straight and not rounded, with the spine extended. Continue bending forward and stop when your upper back begins to round. 4. Bend the extended right leg and hold onto the ball of the foot. Relax. Breathe into the stretch. Use your inhalations to help extend the spine by directing your breath to the upper chest. Feel yourself lift out of your waist. 5. Exhale. On an inhalation, extend the spine and feel the lower back muscles stretch. 	
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		<p>Hold for 4 to 6 breaths. On an inhalation return to an upright position and release the bent leg. Repeat to the other side.</p>	
<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students are kneeling waiting for further instruction. 		<p>Hero's Pose: (figure #19)</p> <ol style="list-style-type: none"> 1. Kneel on the floor, with knees together and the feet tucked under the buttocks. Rest the hands on the thighs. Tuck your chin in slightly. Open your chest, and feel your spine lengthening from the tail bone to the crown of the head. 2. Inhale and stretch your arms forward and rest your forehead on the floor. Stretch your arms straight along the floor in front of you. Try to keep the buttocks down on the heels. 3. Exhale as you bend forward and rest your forehead on the floor. Stretch your arms straight along the floor in front of you. Try to keep the buttocks down on the heels. 4. Hold this position for up to 5 breaths. Each time you breathe in draw the rib cage forward over 	

		the thighs. As you breathe out, lengthen the stretch from the fingertips to the tail bone.	
<ul style="list-style-type: none"> • Same as above. 		<p>Cat Stretch: (figure #20)</p> <ol style="list-style-type: none"> 1. Begin this practice on your hands and knees, with your shoulders directly above your hands, and your hips directly above your knees. 2. Inhale as you roll your shoulders back and tilt your pelvis back and up. Tilt the chin and look up as the back concaves. 3. Exhale as you reverse the posture. Draw the abdomen in, squeezing all the breath out of it, as you arch your back. Tuck your chin into your chest and look down at your feet. 4. Continue concaving the back (inhaling) and arching the back (exhaling) gently and evenly. 	Perform this exercise 8 times.
<ul style="list-style-type: none"> • Same as above. 	<p>Modification: To make it easier, kneel on the floor with your heels under your buttocks. Lean forward and rest your elbows on the floor in a little further apart than your</p>	<p>Child's Pose: (figure #21)</p> <ol style="list-style-type: none"> 1. Kneel on the floor with your heels under your buttocks. Bend your torso forward so that your abdomen and 	

	<p>knees. Making fists of your hands, place one fist on top of the other. Rest your forehead on your fists.</p>	<p>chest are resting on your thighs. Tuck your chin under and allow your forehead to touch the floor. Bring your arms back so that they lie alongside the body, hands palm upward beside the feet. Soften the shoulders and the arms.</p> <p>2. Bring your awareness to your breath. Breathe into any feelings of tightness. Let go of any tension with the exhaling breath. Rest in this pose before moving to the next posture.</p>	
<p>Informing Task: We will now move into final relaxation. Please get into a comfortable position. Take this time to bring your breath back to normal and reflect on the day ahead of you.</p>			
<p>Closure: Well done today class. Have a great day. Don't forget to write in your journals. See you next class.</p>			



FIGURE 1



FIGURE 2



FIGURE 3

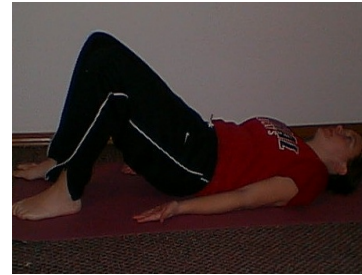


FIGURE 4



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14



FIGURE 15



FIGURE 16



FIGURE 17



FIGURE 18



FIGURE 19



FIGURE 20



FIGURE 21

**Yoga Unit
Lesson #29
Intermediate Yoga**

Objectives

A. Student (NASPE 1, 2, 3, 4, 5, 6; EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate basic standing yoga poses.

Warm-up:

- a. Sufi Mother's Breath (figure 1)
- b. Blade (figure 2.1 & 2.2)
- c. Side-to-Side Stretch (figure 3)
- d. Chopping Wood (figure 4.1 & 4.2)

Sequences:

- a. Sun Salutation routine (figure 5-14)
- b. Yoga Mudra (figure 15.1 & 15.2)
- c. Balancing Stick Pose (figure 16.1 & 16.2)

Cool-down:

- a. Cat and Dog Stretch (figure 17)
- b. Reclining Spinal Twist (figure 18)
- c. Corpse Pose (figure 19)

2. Flow in a yoga sequence at their own pace.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Warm-up: Let start with your breathing. To get your breathing ready we are going to do **Sufi Mother’s Breath (figure 1):** Sit with your spine comfortably extended. 1) Breath in though the nose for a slow count of 7. Hold the breath in for a count of one. 2) Breathe out through the nose for a count of seven. Hold the breath out for a count of one. 3) Repeat a few times. Now lets move into **Blade (figure 2.1 & 2.2):** still in sitting comfortable position with your spine extended. 1) Inhale, raising your arms out to the sides at shoulder level in a “T” position. Bend your elbows so your arms are in front of your chest, palms down. Your hands come toward each other with the tips of the middle fingers touching lightly. 2) Exhale. Inhale slowly as you gradually push backward with your elbows so that your hands move away from one another. Feel your shoulder blades come together with a steady, squeezing motion. 3) Hold the position, with your arms back to start position. 4) repeat the movement slowly 3 to 5 times. 5) Exhale and gradually release the position, letting your arms fall to your sides. Relax by shrugging your shoulders and gently shaking out your hands a few times. Now lets move into a table position knees under your hips and arms beneath your shoulders. **Side-to-Side Stretch (figure 3):** 1) Your back is straight, and your head faces downward. 2) Turn your head to the left, so that you are looking behind you. At the same time, move your lower body to the left so that your body is in the shape of a comma. 3) Now reverse the stretch so you are making a comma of your body on the right side. 4) Alternate 5 times each side. Now let do the **chopping wood (figure 4.1 &4.2)** pose 1) we are still standing shoulder-width apart and you want to keep your knees slightly bent to avoid strain in the lower back. 2) Now inhale through your mouth and raise your arms over your head as if you were holding a hatchet. 3) Bend your knees. Exhale through your mouth, slightly tuck your chin, and bend from the waist while allowing your arms to fall forward and down in a chopping motion. Bend as far as you can with comfort. 4) Inhale and raise your upper body. 5) Continue this “chopping” movement 10 times. Increase the flow of energy by making each exhalation audible. 6) As you repeat the movement, your body may naturally bend further as your arms get closer to the floor. If it feels comfortable, allow the natural swing of your arms to go through your legs.

Set Induction: Today we are going to start with sun salutation, then move into couple of poses Yoga Mudra and Balancing Stick Pose.

MAF	Extensions	Refinements	Applications
<p>Informing Task: So let start in Mountain pose with your feet a little wider than hip-width apart. Turn your toes out slightly. Palms are together in front of your chest in Namaste.</p>			

<ul style="list-style-type: none"> • 30 mats lined up in roll lines. • Students standing with feet at least 3 feet apart. 	<p>Sun Salutation:</p>	<p>Sun Salutation: is a dynamic and beneficial series based on the pose-counterpose system, which alternates between forward-bending and backward-bending postures. It provides aerobic that benefits the cardio system, increasing endurance and warming and energizing the entire system.</p> <p>1. From mountain pose. Inhale</p>	<p>Sun Salutation:</p>
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	<ul style="list-style-type: none"> If you cannot touch the floor, bend your knees slightly. 	<p>and lift your arms over your head, with palms facing but not touching. Bend your upper torso backward slightly.</p> <ol style="list-style-type: none"> Exhale and bend forward at the waist into Forward Bend (figure 6), tucking your chin toward your chest and bending the knees. Your palms rest either side of your feet on the floor. Inhale and extend your left leg straight behind you into Kneeling Lunge (figure 7); your knee, shin, and toes rest on the floor. Your right foot is forward between your hands with the knee over the ankle. Exhale and bring your right leg back. Support the weight of your body on your hands and toes. Inhale in a “push-up” position. Your back should be straight, abdominal muscles engaged. (figure 8) Exhale and lower your knees, upper chest, and forehead to the floor. Hips are raised. (Figure 9.1) Inhale, lower your hips, and raise your upper torso into Cobra (figure 9.2), keeping the shoulders down, pressing the pelvis down into the floor. 	<ul style="list-style-type: none"> Hold the breath for 2 to 3 seconds.
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	<p>Yoga Mudra:</p>	<ol style="list-style-type: none"> 7. Exhale and raise your hips into Downward Dog (figure 10). 8. Inhale. Step your left foot forward between your hands. Extend your right leg straight behind you; your knee, shin, and toes rest on the floor (step 4 reverse). (figure 11) 9. Exhale, bring the right foot forward, and bend down at the waist, with palms resting on either side of your feet on the floor (Step 2). (figure 12) 10. Inhale and raise your upper body to an upright position by engaging the abdominals, lifting the chin, and keeping the knees soft (back to step 1). Raise your arms overhead, with palms facing but not touching. Bend your upper body backward slightly. (figure 13) 11. Exhale and return to start position with hand in Namaste. Inhale and exhale completely. (Figure 14) <p>Yoga Mudra: This pose loosens the shoulders, arms, and spinal column, and improves posture and back problems. (figure 15 & 15.2)</p>	<ul style="list-style-type: none"> • Repeat all 11 steps about 8 times. Alternating legs <p>Yoga Mudra:</p>
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	<ul style="list-style-type: none"> • If your shoulders are tight, hold a towel between your hands <p>Balancing Stick Pose:</p> <ul style="list-style-type: none"> • If it feels comfortable, cross your thumbs 	<ol style="list-style-type: none"> 1. Stand with your feet parallel and hip-width apart. Clasp your hands behind you interlacing the fingers. 2. Bend your knees, tuck your chin toward your chest, and lower into a forward bend. 3. With your hands still clasped, allow your arms to fall forward up over your lower or upper back without straining. 4. On a inhalation begin to raise your upper body, keeping your knees bent. Slowly raise your chin. Your head comes up last. 5. When you have returned to an upright position, release your hands slowly, letting your arms float back to the sides of your body. 6. Feel the release of tension in your neck, shoulders, and back. <p>Balancing Stick Pose: it tones and firms your legs, hips, buttocks, shoulders, and arms as it increases circulation and works the heart. (figure 16.1 & 16.2)</p> <ol style="list-style-type: none"> 1. Stand with your feet together. Raise your arms over your head, palms together 2. Inhale and step forward about a foot with your left leg. Point 	<ul style="list-style-type: none"> • Breathe slowly and rhythmically as you hold the pose for 6 counts. <p>Balancing Stick Pose:</p>
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	<ul style="list-style-type: none"> If your balance is a challenge, let your fingers rest lightly on high-backed chair. 	<p>your right toe and rest it lightly on the floor behind. Your heel should be lifted.</p> <ol style="list-style-type: none"> Gaze at a spot on the floor beyond you. Exhale and allow your upper body to pivot forward from your hips as your right leg lifts up straight behind you and outstretched your arms lowering down in front of you. Your hips should be level. Viewed from the side it should look like a “T”. Lower your right leg and raise your arms, returning to start position. Check to sure your shoulders are down away from your ears. Lets repeat on the other side. 	<ul style="list-style-type: none"> Breathe normally and hold for 10 seconds Do this pose 4 times.
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Informing Task: Now we are going to start your cool-down. So let get down in a table position. Your back is flat, and your head faces downward to create an extension in the back of the neck.

<ul style="list-style-type: none"> 30 mats lined up in roll lines. Students will be table position. 	<p>Cat and Dog Stretch:</p>	<p>Cat and Dog Stretch: Stretches the muscles along your back, neck, and arms; and improve circulation. It is important to maintaining good posture and overall well-being. (figure 17.1 & 17.2)</p> <ol style="list-style-type: none"> In the table position. Your back is flat, and your head faces downward to create an extension in the back of the neck. Exhale and slowly drop your head and tailbone. 	<p>Cat and Dog Stretch:</p>
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	<p>Reclining Spinal Twist:</p> <ul style="list-style-type: none"> You can place a pillow between your knees if it is difficult to keep them together. 	<p>Arch your back and exhale further as you pull your navel up toward your spine. Imagine you are a hissing cat.</p> <ol style="list-style-type: none"> Inhale and slowly raise your head and tailbone, letting your abdomen move toward the floor. Your back is now curved in a subtle swayback position. Look up slightly without overextending the neck. Imagine you are a friendly dog. As your spine warms up, deepen your inhalations and exhalations. <p>Reclining Spinal Twist: this pose is a centering pose that calms the mind and the nervous system as it balances the flow of energy throughout the body. (Figure 18)</p> <ol style="list-style-type: none"> Bend both knees, with feet flat on the floor. Move your hips and buttocks 2 inches to the right and then bring knees into your chest. Extend your arms out to the sides on the floor in a “V” position, palms up. Roll your legs and hips to the left, touching the floor. Your right foot is on the left foot; your right knee is on the left knee. 	<p>Reclining Spinal Twist:</p> <ul style="list-style-type: none"> Continue alternating, moving slowly between cat and dog 10 times.
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	<p>Corpse Pose:</p> <ul style="list-style-type: none"> If you feel any discomfort in your back, you can place a towel. 	<ol style="list-style-type: none"> If your back arches, move your knees closer to your ribs. Turn your palms up; angle your to 45 degree (in a V-Shape) so your shoulders feel comfortable. Slowly turn your head to the right, away from your knees. Allow your back to relax. Slowly roll your legs and head back to center. <p>Corpse Pose: This is a resting pose allows the body and mind to absorb the benefits of the previous poses. (figure 19)</p> <ol style="list-style-type: none"> Lie flat on your back. Your arms are by your sides, palms up. Keep your legs about a foot apart. Close your eyes Breathe deeply <p>Relax</p>	<ul style="list-style-type: none"> Hold for 30 to 60 seconds. Repeat on the other side. <p>Corpse Pose:</p> <ul style="list-style-type: none"> Remain in corpse for about 3 to 5 minutes
<p>Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.</p>			
<p>Closure: Nice Job today. I know it is getting difficult, but you are all doing so well, it makes our classes more challenging because we can move so fast. Don't forget to write in your journals. Have a great day, I will see you next class.</p>			

Lesson#29

Picture Poses

Warm-up Poses

Figure 1 Sufi Mother's Breath



Figure 2.1 Blade



Figure 3 Side-to-Side Stretch



Blade 2.2 Blade

Warm-up Poses

Figure 4.1 Chopping Wood



Figure 4.2 Chopping Wood



Sun Salutations Poses

Figure 7 Kneeling Lunge



Figure 5
Mountain Pose



Figure 6
Forward Bend



Figure 9 Plane Pose

Sun Salutation

Figure 9.1



Figure 10



Figure 9.2

Figure 11

Sun Salutation

Figure 12



Figure 14



Figure 13



Pose After Salutation



Figure 15.1
Yoga Mudra



Figure 16.1
Balancing Stick



Figure 15.2
Yoga Mudra



Figure 16.2 Balancing Stick

Cool-Down Poses

Figure 17.1 Cat & Dog Stretch



Figure 17.2 Cat & Dog Stretch



Figure 18 Reclining Spinal Twist



Figure 19 Corpse Pose

**Central Washington University
Yoga Unit
Lesson #30
Class-Teach-Class**

Objectives

A. Student (NASPE 1, 2, 3, 5. EALR 1.1, 1.2, 1.3)

By the end of class students will be able to...

1. Demonstrate knowledge of different yoga poses.

Warm-Up:

#1 Student will demonstrate the knowledge of warm up poses.

Sequence:

#2 Student will demonstrate the knowledge of sequence poses.

#3 Student will demonstrate the knowledge of sequence poses.

Cool Down:

#4 Student will demonstrate the knowledge of cool down poses.

2. Teach the class their own sequence.

B. Teacher

Equipment (for a class of 30 students)

- 30 yoga mats
- CD player
- Soft Music

Instant Activity: Student #1 will teach the class the warm up, using proper warm up poses. (See Appendix # for rubric)			
MAF	Extensions	Refinements	Applications
Informing Task: Now it is time for student #2 to lead us in their sequence. (See next page for rubric)			
Informing Task: Now it is time for student #3 to lead us in their sequence. (See next page for rubric)			
Informing Task: Now it is time for student #4 to lead the class in the cool down, using proper cool down poses. (See next page for rubric)			
Informing Task: It is time to move into complete relaxation time. Please lie on your back or stomach, whichever is most comfortable. Begin bringing your breath back to normal, keeping your eyes shut.			
Closure: Well done today class. All of your sequences were very good. I can't wait to see what everyone else will teach us. Have a great day. Don't forget to write in your journals.			

#1 DOWNWARD FACING DOG

Cues:

- Begin kneeling on all fours, and inhale.
- Tuck your toes under, lift your body into the air like a triangle, keeping your heels on the ground, and exhale.



TASKS:

- Hold this pose for 5 seconds
- Hold this pose for 10 seconds
- Add previous pose and make a sequence

#2 CAT STRETCH



Cues:

- Begin on all fours with a neutral spine. Inhale as you contract your abs tight.
- Exhale as you arch your back. Tuck your chin into your chest and look down at your feet.

TASKS:

- Repeat this exercise 6 times
- Continuously move from Downward facing dog and Cat stretch.
- Perform each pose 6 times



#3 COBRA STRETCH

Cues:

- Lie on your stomach with your arms directly under your shoulders, elbows in.
- Inhaling, lift your head, neck and chest off ground, curving your spine up and back.
- Exhale, lowering your chest, neck and then head.



TASKS:

- Perform this pose 8 times

#4 STANDING FORWARD BEND

Cues:

- On the inhale, you are standing in Mountain Pose.
- On the exhale, bend forward, contracting your abs and grabbing the elbows behind the calves.
- On the inhale, roll your body up one vertebrae at a time.



TASKS:

- Perform this pose 5 times

#5 BOUND ANGLE

Cues:

- Sit with your feet together, letting your knees relax out and down as far as they will go
- While sitting with your back straight, wrap your hands around your toes

TASKS:

- Hold this pose for 5 breaths
- If you are having trouble sitting up straight, sit with your back against the wall and use the cues to perform the pose.



MOUNTAIN POSE

Cues

- Stand erect, with legs hip-width apart. Place half of your weight onto your heels and balls of your feet.
- Allow your thighbones to move toward your hamstrings muscles in the back of your legs.
- Your shoulders are relaxed and down, and your chin is level with the floor.
- Inhale deeply, filling your lungs.



DANCER'S POSE

Stand with your spine elongated and your feet hip-width apart

Figure 1

- Shift your weight onto your left foot.
- Inhale and raise your left arm with palm facing forward.
- Exhale and bend your right leg behind you. Your right arm will grasp the inside of your ankle.
- The sole of your right foot faces up and your knee points down.

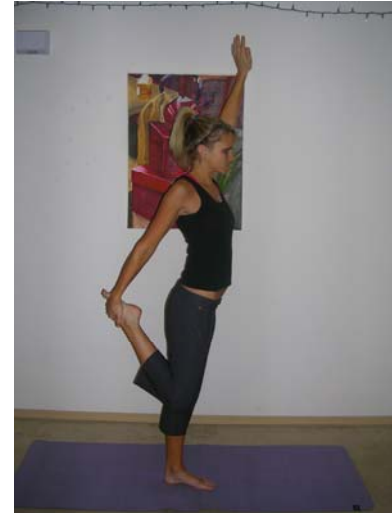


Figure 1

Figure 2

- Inhale and focus on a spot. Exhale and very slowly lower your upper body and your left arm until nearly horizontal with the floor.
- Raise your right leg behind you. Allow the right foot to press into your hand as you attempt to lift your toes toward the ceiling.
- Breathe deeply and hold the pose for 10 seconds.
- On inhale, raise your upper body and release your right leg and arms.
- Repeat on other side.



Figure 2

CHAIR POSE

- Stand with your feet directly under your hips. Arms are held straight out in front at shoulder level.
- Inhale. On an exhale, slowly begin lowering your body into a squat position. Don't go beyond 90 degrees at the knees.
- Keep your feet flat on the floor, hip-width apart, with your knees over your ankles
- Raise your toes off the floor, rocking back on your heels. Hold for a count of 5 breathe.
- Return to a standing position with arms remaining at shoulder level.
- Repeat 3 times



Warrior Pose

- Stand tall with your feet separated about 3 feet apart.
- Turn your right foot 90 degrees; turn your left foot in toward the right about 30 degrees.
- As you inhale, stretch your arms out from your shoulders form a “T” with the body.
- Bend your right knee, forming a right angle with your calf and thigh.
- Don’t extend over your right foot.
- Turn your head and gaze over your right hand.
- Hold for 5 breaths
- Repeat on left side beautiful



Triangle Pose

- Stand with your feet about 3 feet apart.
- Turn your right foot out 90 degrees and your left foot point toward the right foot about 30 degrees.

Figure 1

- As you inhale, stretch your arms out from your shoulders in a “T” position.
- Exhale and bend slowly to the right.

Figure 2

- Lower your right arm to your right shin and extend your left arm up toward the ceiling.
- Look up at your thumb if you can without straining. Breathe in and out slowly.
- Imagine you are sliding between two pieces of glass. Hold for several breaths.
- To release, “pinwheel” your arms back up to a standing position.
- Rest and then repeat on other side.



Figure 1



Figure 2

DOWNWARD FACING DOG



- Hands: Palms flat, fingers spread like a “starfish”
- Arms: Straight & strong
- Body: Makes an upside down “V”
- Feet: Up on your toes

BOUND ANGLE



- Hands: Loosely gripping toes
- Arms: Slightly bent
- Body: Sitting tall
- Feet: Soles of your feet touching

CHILD'S POSE



- Arms: Stretched over head, straight & strong. Or tucked gently to your side
- Body: Back curled over legs.
- Head: Gently resting on mat
- Legs: Knees bent. Shins on the mat

CAT



- Head: Head & spine 'neutral'
- Arms: Straight & strong
- Body: On all fours, "table top" position
- Back: Pull belly button to spine & curl back into a 'rainbow' shape.

PLANK



- Arms: Straight & strong
- Head: Head & spine 'neutral'
- Body: "Top of a push-up" position
- Abdominals: Pulled in tight. Belly button to your spine

COBRA



- Body: Lie on your belly 'like a seal'
- Arms: Fully extended
- Back: Curled up to the ceiling
- Head: Head & neck follow the back to the ceiling
- Feet: Pointed away from your body.

BOAT



- Arms: Extended toward legs
- Head: Head & neck 'neutral' with the spine
- Body: Makes a 'V' shape
- Core: Core muscles engaged at all times
- Legs: Extended to the ceiling

MOUNTAIN



- Arms: At your sides, palms facing forward with fingers spread
- Body: Standing tall with your hips tucked in
- Legs: Slight micro-bend in the knees
- Feet: Shoulder width apart



Abdominal Lift

- Feet a little wider than hip-width.
- Hands place on thighs with fingers points facing in.
- Keep the abdominals contracted and while holding the breath out, “pump” the abs in and out.
- Breath in and out through the nose.

Chair



- Feet hip-width apart.
- Squat position. Don't go past 90 degrees.
- Arms out

Crab



- Feet hip-width apart
- Hands placed slightly behind you
- Fingers turned out
- Make a table of your body from your knees to your shoulders.

Gate

- Kneeling position with one leg out.
- Arm close to extended leg, place hand on that extended leg.
- Your palm facing down.
- Opposite arm extended over head.



Assessment Section

Formal assessments for the yoga unit include 1 quiz, 29 journal entries, class-teach-class, warm-up rubric, sequence rubric, and cool-down rubric.

Day	Lesson Theme	Informal Assessment	Standards	Formal Assessment	Standards
1	Go over course objectives, protocol, & equipment	Assign students role lines, and let them test out the equipment.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3	Give Students the course syllabus for study guide for the quiz that will be giving next lesson.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
2	Breathing technique			Quiz # 1 Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
3	Basic Sitting Positions			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
4	Basic Standing Position			Students will be giving Journal Entry Paper then fill it out and turn it to the	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3

				teacher at the end of class or next class period.	
5	Sun Salutations			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
6	Beginning Yogafit			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
7	Beginning Yoga Arms & Shoulders			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
8	Beginning Fitness Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3

9	Beginning Yoga Abs & Back			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
10	Moon Salutations			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
11	Beginning Yoga Pilates		NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3	Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
12	Beginning Yoga Arms & Shoulders		NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3	Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
13	Beginning Yoga Pilates: Abs			Students will be giving Journal Entry Paper then fill it out	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2,

				and turn it to the teacher at the end of class or next class period.	1.3
14	Intermediate Yoga Butt & Legs			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
15	Class teach Class			Four Students will be teaching yoga sequence. One Student will teach the warm-up sequence, two and three student will teach the main sequence poses, and student four will teach the cool-down sequence.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
16	Beginning Relaxation Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
17	Yoga Abs & Back			Students will be	NASPE 1, 2, 3,

				giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	4, 5, 6 EALR 1.1, 1.2, 1.3
18	Beginning Relaxation Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
19	Yoga Arms & Shoulders			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
20	Class teach Class			Four Students will be teaching yoga sequence. One Student will teach the warm-up sequence, two and three student will teach the main sequence poses, and student four will teach the cool-down	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3

				sequence.	
21	Fitness Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
22	Yoga Butt & Legs			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
23	Yoga Pilates			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
24	Yoga Abs & Back			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
25	Class teach Class			Four Students will be teaching yoga	NASPE 1, 2, 3, 4, 5, 6

				sequence. One Student will teach the warm-up sequence, two and three student will teach the main sequence poses, and student four will teach the cool-down sequence.	EALR 1.1, 1.2, 1.3
26	Intermediate Relaxation Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
27	Fitness Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
28	Yoga Pilates			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3

29	Relaxation Yoga			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3
30	Yoga Whole Body			Students will be giving Journal Entry Paper then fill it out and turn it to the teacher at the end of class or next class period.	NASPE 1, 2, 3, 4, 5, 6 EALR 1.1, 1.2, 1.3

Name: _____ **Date:** _____
Class Period: _____

1. What will you be learning in this class?

2. Name 3 "yoga attire" items:

- 1.
- 2.
- 3.

3. Students are expected to be in position for roll _____ minutes after the tardy bell rings.

4. **True or False:** Mats used during class, can be taken home, if you promise to bring them back.

5. Daily _____ is very important in this class.

6. How many daily points can you earn each day?

7. According to the Grading Scale:

A = _____ - _____ points

8. **True or False:** You can make up an unexcused absence.

9. When are you considered tardy?

10. **Bottom Line:** Be _____ and learn as much as _____!

Teacher's Key

1. What will you be learning in this class?

- ✓ **various yoga techniques**
- ✓ **different equipment that can be used**
- ✓ **how to create a sequence**

(all acceptable answers)

2. Name 3 "yoga attire" items:

1. **Shirts, or short sleeved shirts**
2. **Flip-flops and bare feet**
3. **Hair tied back**
4. **No jewelry**
5. **School appropriate clothing**

(only need three, any of these would be acceptable)

3. Students are expected to be in position for roll 7 minutes after the tardy bell rings.

4. True or **False**: Mats used during class, can be taken home, if you promise to bring them back.

5. Daily **participation** is very important in this class.

6. How many daily points can you earn each day?

10

7. According to the Grading Scale:

A = 420 - 390 points

8. **True** or False: You can make up an unexcused absence.

9. When are you considered tardy?

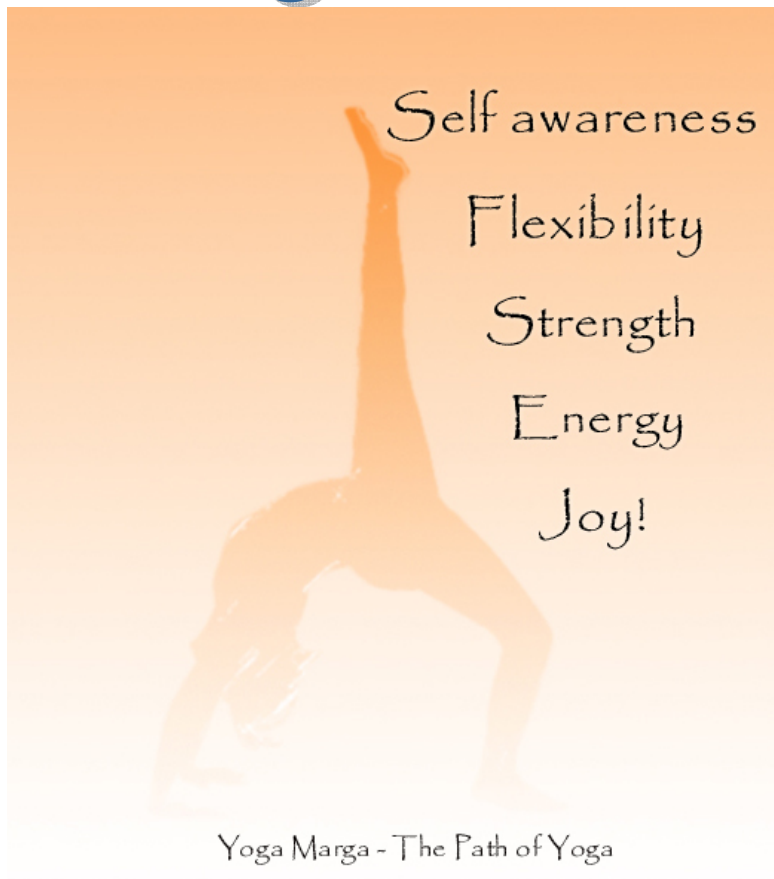
- ✓ **Not suited up**
- ✓ **Not in roll line by second bell**

(Must have one answer)

10. **Bottom Line**: Be **positive** and learn as much as **possible**!

Resource List

Yoga Unit



By
Brittany Gese and Jen Edwards

Book:

Miller, O.H (2003). *Essential Yoga An Illustrated Guide to Over 100 Yoga Poses and Meditations*. San Francisco, CA: Chronicle Books.

Websites:

(2004). The Yoga Site- The Online Resource for Yoga. Retrieved February 27, 2007, from The Yoga Site Web site: <http://www.yogasite.com/>

The Santosha Shop. Retrieved February 27, 2007, from Yoga Postures Step-By-Step Web site: <http://www.santosha.com/asanah/>

Equipment List:

- Yoga Mats
- Yoga Music
Examples) Inner Peace CD and Holy Harmony CD
- Blankets or towels
- Chairs

Resources

Books:

Miller, O.H (2003). *Essentail Yoga An Illustrated Guide to Over 100 Yoga Poses and Meditations*. San Francisco, CA: Chronicle Books.

Woods, L. (2006). *Simply Yoga*. Dingley, VIC: Hinkler Books Pty Ltd.

Pohlman, J. (2006). *Simply Pilates*. Dingley, VIC: Hinkler Books Pty Ltd.

Cosby, M. (2005). *Stretching & Toning For Flexibility & Definition*. Bramley Road, London: PRC Publishing.

Websites:

(2004). The Yoga Site- The Online Resource for Yoga. Retrieved February 27, 2007, from The Yoga Site Web site: <http://www.yogasite.com/>

The Santosha Shop. Retrieved February 27, 2007, from Yoga Postures Step-By-Step Web site: <http://www.santosha.com/asanas/>

Equipment List:

- Blankets or towels
- Chairs
- 30 yoga mats
- 30 Journal Entry Pages per class period
- CD Player
- CD (soft music) Ex: Relaxation, Water sounds, Ocean Sounds