

## Weeks 1 & 2: Calming Yoga Flow



### Warrior II (*Virabhadrasana II*)

Pretend you are a surfer surfing big waves in the ocean. Which muscles do you use to keep your balance?

Say: *"I am strong"*



### Downward-Facing Dog (*Adho Mukha Svanasana*)

Pretend you are stretching like a friendly dog. Feel all the parts of your hands and feet press into the ground to support your body.

Say: *"I am friendly"*



### Tree (*Vrksasana*)

Pretend you are kind tree providing shade and oxygen on a hot summer day. Does your tree sway in the wind? Can you extend your arms like branches that are growing?

Say: *"I am kind"*



## Chair (*Uttanasana*)

Imagine you are flying down a mountain like a fearless skier. Feel how strong your legs and stomach muscles are as they support you.

Say: *"I am brave"*



## Hero (*Virasana*)

Pretend to be a wise owl and twist your spine from side to side. Try using your owl eyes to focus on something that you see far in the distance. What do you see?"

Say: *"I am smart"*

Repeat the yoga flow starting at the top of page 1 with your other leg in front!

## Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

*"We wish for: peace, love, and respect for everyone."*