



Welcome to Yoga

Yoga Vocabulary

- OM - A calming sound used in yoga. Sounds like A-U-M and represents everything around us.
- Namaste - Hands together at the heart. Said at the end of class. Means "I bow to you" or "I see the good in you."
- Asana - Means pose. Also means seat.
- Drishti - Means gaze. It helps us focus.

Bunny's Breath



How to Calm Your Body

- Sit Like a Bunny - Sit up tall and cozy.
- Put your paws (hands) on your belly.
- Take 3 quick inhales through your nose - like you're sniffing for carrots.
- Then one long, slow gentle exhale out of your mouth.

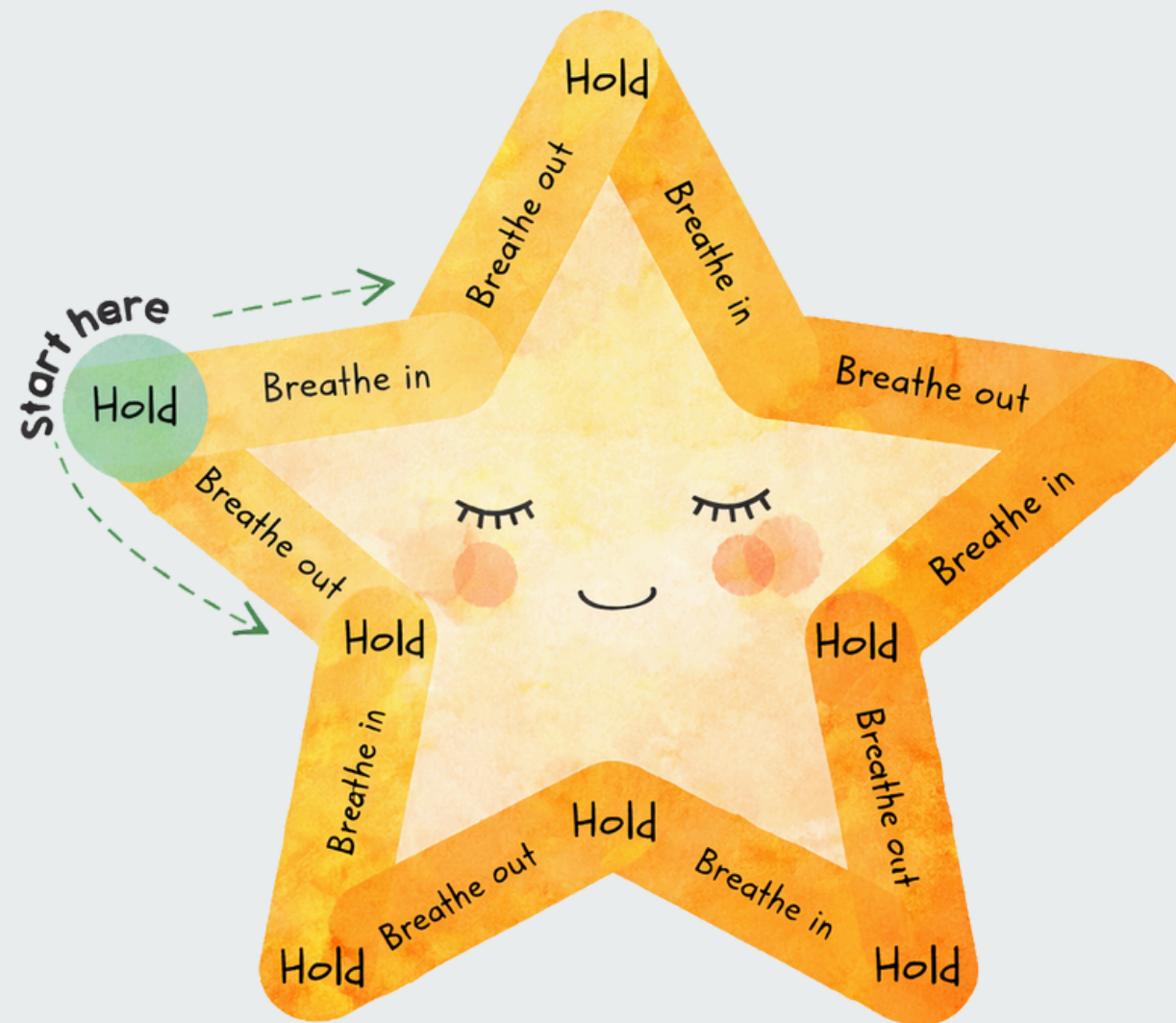
Lion's Breath



How to Feel Strong & Confident

- Sit Tall Like a Lion - strong and proud.
- Put your hands on your knees.
- Breathe In through your Nose.
- Fill your belly and chest.
- Open your mouth wide.
- Stick out your tongue.
- Say "HAHHH!" like a lion!

Star Breathing



How to Steady Yourself

- Imagine or trace a star
- S – Smile
- T – Take a breath in through your nose. Exhale it out through your mouth.
- A – And Pause. Hold for a moment
- R – Relax
- Trace the star and repeat until you feel focused and calm.

Downward Dog - Adho Mukha Śvānāsana



Downward Dog

- Make a Table - Hands and knees on the floor.
- Lift Your Hips - Push your hands down.
- Make an upside-down V
- Stretch and Breathe - Let your head relax.
- Take slow breaths.
- Benefits: Stretches the whole body, Builds strength, Helps feel energized.

Warrior 1 - Virabhadrasana I



Warrior I

- Step Forward - One foot in front, one foot back.
- Back foot is at a 45-degree angle - Bend your front knee.
- Reach Up - Lift your arms up high.
- Hands can touch or stay apart. Look ahead.
- Feel strong like a warrior
- Benefits: Builds strength, Helps balance, Grows confidence.

Warrior 2 - Virabhadrasana II



Warrior II

- Step Wide - Feet far apart.
- Turn your front toes forward.
- Bend your front knee. Stretch your arms out wide.
- Gaze Forward - Drishti (gaze) over your front middle finger
- Breathe and stay strong
- Benefits: Builds strong legs, Improves focus, Helps feel calm and steady.

Tree Pose - Vr̥kṣāṣana



Tree Pose

- Stand Tall - Feet on the ground.
- Hands at your heart or overhead.
- Lift One Foot - Place it on your ankle or calf (like a tree branch).
- Hold and Breathe - Fix your eyes on one spot.
- Sway if you need or want to!
- Benefits: Improves balance, Builds focus, Helps calm the mind.