





## Activity Plan for Yoga



Week 1			
Activity	How many or how long	How many days	Instructions
Warrior 2 Pose 	Hold for 45 seconds on each leg	3 days/wk after hiking or bike riding	Try and hold the pose you see in this photo for at least 45 seconds. This pose strengthens the hips and chest and you should feel a slight stretch in your legs and hips while you do it.. Throughout the pose, keep your front knee bent directly over your ankle (in line with the 2 <sup>nd</sup> toe) and concentrate on an object in front of you. Balance your weight on both legs and try to keep your back elbow parallel to the ground. Note: Be careful not to overarch your back/neck.
Mountain Pose 	5 mins	3 days/wk	Yoga involves many different poses. It can help you to increase your balance, strength, and flexibility. These qualities can help you in many different sports. For this week, try the Mountain Pose by standing up as tall as a mountain. Your feet should be together, but be sure to spread your toes. Your shoulders and arms should be pointed straight down towards the ground. Try breathing and holding the mountain pose for 20-30 seconds.



Week 2			
Activity	How many or how long	How many days	Instructions
Downward Dog Pose 	5 mins	3 days/wk	Yoga involves many different poses. It can help you to increase your balance, strength, and flexibility. These qualities can help you in many different sports. For this week, try the downward dog by starting on all fours. Spread your fingers and press your palms flat on the floor. Lift your buttocks, straighten your legs and make an upside-down V shape. Gently push your heels toward the ground. Relax your head and neck and look down between your legs. Try breathing and holding the downward dog pose for 20-30 seconds.

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<p>Tree Pose</p> 	5 mins	3 days/wk	Yoga can be a fun activity to do with your friends or during gym class. For this week, try the tree pose. Bend right leg. Press foot/thigh into each other. Take bent knee back & down. Breathe and hold for 20-30 seconds. Repeat on your other side.
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Week 3			
Activity	How many or how long	How many days	Instructions
<p>Warrior 3 Pose</p> 	5 mins	3 days/wk.	Yoga involves many different poses. It can help you to increase your balance, strength, and flexibility. These qualities can help you in many different sports. For this week, try the Warrior 3 pose. This pose will help you with your balance. Start by standing on one leg and see if you can extend the other leg behind you. If you can do that, bend your torso forward and take your arms back behind you. If you need help balancing, hold on to a chair or railing in front of you. When you're in this pose, pretend that you're gliding down the ice like a figure skater.
<p>Mountain Pose</p> 	5 mins	3 days/wk	Try the Mountain Pose again by standing up as tall as a mountain. Your feet should be together, but be sure to spread your toes. Your shoulders and arms should be pointed straight down towards the ground. Try breathing and holding the mountain pose for 20-30 seconds.

## Activity Plan for Yoga

Week 4			
Activity	How many or how long	How many days	Instructions
Tree Pose 	5 mins	3 days/wk	Yoga can be a fun activity to do with your friends or during gym class. For this week, try the tree pose. Bend right leg. Press foot/thigh into each other. Take bent knee back & down. Breathe and hold for 20-30 seconds. Repeat on your other side.
Warrior 2 Pose 	Hold for 45 seconds on each leg	3 days/wk after hiking or bike riding	Try and hold the pose you see in this photo for at least 45 seconds. This pose strengthens the hips and chest and you should feel a slight stretch in your legs and hips while you do it. Throughout the pose, keep your front knee bent directly over your ankle (in line with the 2 <sup>nd</sup> toe) and concentrate on an object in front of you. Balance your weight on both legs and try to keep your back elbow parallel to the ground. Note: Be careful not to overarch your back/neck.