

PROJECT: GET IT DONE TOGETHER

Mindfulness - Yoga Workout

Yoga relaxes your mind and body while strengthening your muscles to build flexibility. Practicing yoga poses daily and help improve coordination, balance, strength, and flexibility.

Cat/Cow Pose: *Stretches neck and back;* Round back up and look at belly, then look up to ceiling and let belly fall to floor.

Tree Pose: *Strengthens legs and core and increases balance;* Stand on one leg, bend the other knee and place sole of foot on standing calf or inner thigh. Try to maintain balance as you reach your arms up by your ears like tree branches swaying in the wind.

Squat Pose: *Strengthens legs and increases flexibility;* Come down into a deep squat with elbows resting between knees, palms together at center.

Child's Pose: *Great pose for relaxation;* Sit back onto your heels with your forehead resting on the ground. Reach your arms out in front of you and relax them in a comfortable position or behind you towards your heels.

Butterfly Pose: *This will help with flexibility and stretch your legs and back;* Sit on floor with the soles of your feet together, knees out to side. Try to lean your torso forward over the soles of your feet.

Down Dog: *This is a calming and energizing pose that will get the blood flowing and promote focus;* Start on hands and knees, curl your toes and straighten legs to lift hips up. Keep head between arms while pressing hands and heels into the earth.

Upward Facing Dog: *Stretches and strengthens your back;* Lay on stomach, bring hands by shoulder and palms on the floor. Press into your palms to straighten your arms and lift your knees, hips and torso up as high as you can while keeping elbows close. Breathe then lower back down to floor.

Table Pose with Balance: *Great for core strength;* Start on hand and knees, extend one leg behind you and opposite arm in front of you. Hold this balance for a few breaths then switch sides.

Chair Pose: *Builds strength and endurance;* Starts standing tall, bend your knees as you lift strong arms up to the ceiling. Hold then slowly return to standing.

