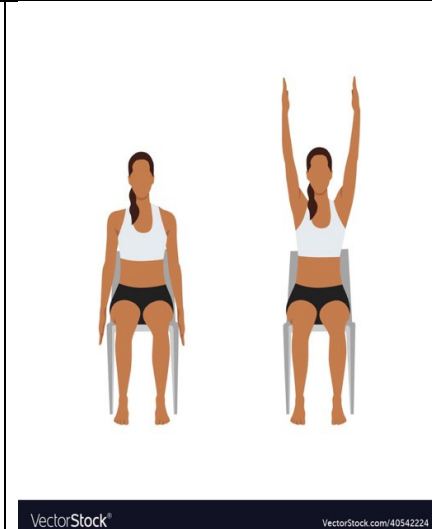


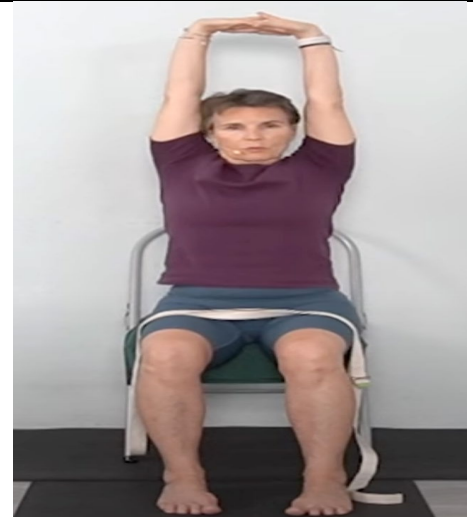
**These are the poses (asanas) from the NAEYC Workshop:
Build mind-body Connections Through Yoga in the Classroom
There are photos of the poses and simple directions for your students.**



Chair Mt Pose (Tadasana)



**Chair Sitting Upward
Arm Pose (Urdvah
Hastasana)**



**Chair Upward Bound Finger
Pose
(Urdvha Baddhadaguliasana)**

1. Chair Mountain Pose (Tadasana)

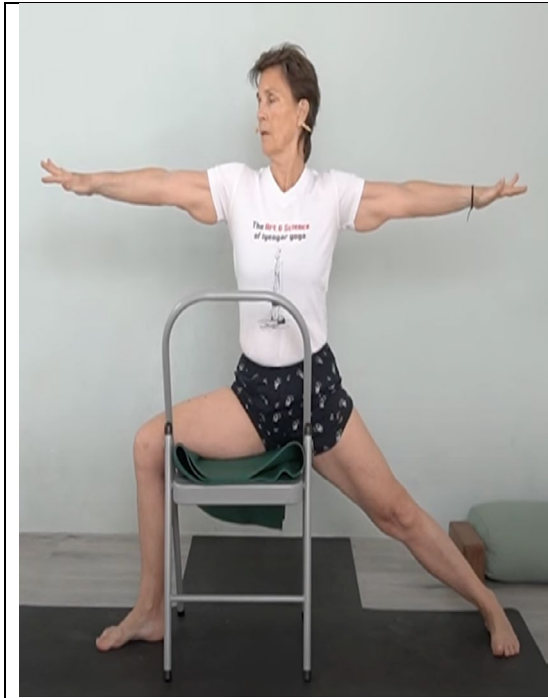
- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up straight and tall. Lift your chest.
- Stretch your arms straight and hold onto the back seat of the chair.
- Breathe softly and gently.

2. Chair Sitting Upward Arm Pose (Urdvah Hastasana)

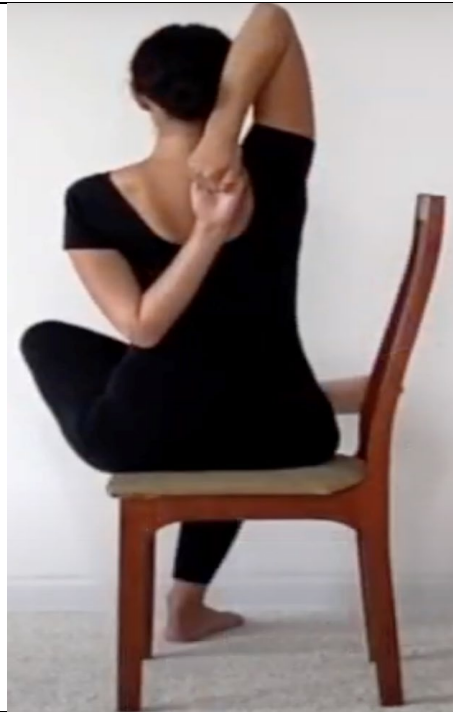
- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up straight and tall.
- Raise your hands up next to your head with palms facing each other.
- Make your arms straight and your elbows straight.
- Reach for the sky.
- Breathe softly and gently.

3. Chair Upward Bound Finger Pose (Urdvha Baddhadaguliasana)

- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up tall.
- Raise your arms out straight in front of you.
- Interlace your fingers so your palms face you and then turn your palms away from you.
- Lift your arms upward. Try to touch the ceiling with your palms.
- Straighten your arms.
- Breathe softly and gently.



**Chair Warrior Pose
(Virabhadrasana II)**



**Sitting Cow Face Pose
(Gomukhasana)**



Sitting Eagle Pose (Garudasana)

4. Chair Warrior Pose (Virabhadrasana II)




- Sit facing the back of the chair and straddle the chair.
- Bend one knee with your thigh on the chair. Extend the other leg straight out to the side.
- The bent knee foot stays under the knee and faces the same direction as the knee.
- The straight leg foot faces forward. Put weight on your straight leg.
- Sit on your sit bones. Sit up straight and tall.
- Extend your arms out straight from the shoulders.
- Turn your head to look over your arm on the bent knee side. Extend your arms all the way through your fingers.
- Breathe softly and gently, then switch sides.

5. Sitting Cow Face Pose (Gomukhasana)

- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up straight and tall.
- Reach your right arm behind your back with the palm facing out. Extend your left arm up and then bend at the elbow and
- put your left arm behind your back, clasping your hands.
- Breathe softly and gently, then switch sides.

6. Sitting Eagle Pose (Garudasana)

- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up straight and tall.
- Cross your right thigh over your left, wrapping your right foot around the left leg if possible.
- Cross your left arm over your right, bringing your palms together or as close as possible. Try to lift your elbows as high as your face.
- Breathe softly and gently, then switch sides.

		<p>Yoga Sequence Builder</p> <p>© Tummees.com</p> 
<p>Chair Twist (Bharadvajasana I)</p>	<p>Chair Extended Forward Bend (Paschimottanasana)</p>	<p>Chair Crossed Legs, Head Rests On Chair (Sukhasana)</p>

7. Chair Twist (Bharadvajasana)

- Place your feet together and flat on the ground.
- Place your knees together.
- Rest your hands on your thighs and sit up straight and tall.
- Place your left hand on your right knee and your right hand on the chair back. Twist to the right.
- Twist your chest, not your head.
- Breathe softly and gently, then switch sides.

8. Chair Forward Bend (Paschimottanasana)

- Sit near the edge of the chair, feet hip-width apart.
- Lean forward from your hips, letting your torso rest over your legs.
- Reach your hands toward your feet, knees, or whatever they can reach.
- Keep your neck relaxed.
- Eyes towards your legs.
- Breathe softly and gently.

9. Chair Crossed Legs Forward Bend (Sukhasana)

- Sit with your legs crossed on the floor and face the seat of your chair.
- Fold forward gently, resting your head on folded arms.
- Breathe softly and gently.