

OUR SPRING YOGA CARDS



Tree – Tree Pose



Stand tall with your legs hip width apart and your feet facing forwards.

Place your hands and arms above your head and push your palms together.

Now stand on one leg, bend your knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze.

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Bird – Warrior II Pose



Start in a standing position. Step one foot back, placing the foot so that it is facing outwards.

Bring your arms up, so that they are level with your shoulders and facing the same direction as your legs. Bend your front knee and look forward. Gently move your arms like a bird flapping its wings.

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Planting – Squat Pose



Start by getting into a squat position. Keep your back flat and your feet flat on the floor.

Bring your elbows to your knees. Push the palms of your hands together.

Now pretend to plant seeds in the garden.

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Caterpillar – Locust Pose



Start by lying on your tummy with your chin on the floor.

Lift your head and shoulders up off the floor and look up.

Try to clasp your hands behind you.

Inch along the floor like a caterpillar.

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Bee – Hero Pose



Start by kneeling down on the floor.
Sit back to rest upright on your heels.

Place your hands on your knees.

Practise a gentle humming breath like a bee.

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Butterfly – Butterfly Pose



Sit on your bottom with a tall spine.
Now bend your legs and place the soles of
your feet together.
Place your arms by your sides.
Now push the palms of your hands together.
Gently flap your legs like the wings of a
butterfly.

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Flower – Flower Pose



Sit down on your bottom with a tall spine.
Now lift up your legs, whilst balancing on
your sitting bones.
Touch the soles of your feet together.
Weave your arms under your legs.
Pretend to blossom like a flower opening up.

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Cloud Watching – Resting Pose



Lie on your back with your arms and legs
stretched out.
Breathe slowly, in and out.
Close your eyes. Imagine you are lying on the
grass, in a park. What sounds can you hear?
What can you smell?
Open your eyes and imagine the clouds are
passing by over your head. What shapes
can you see?

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Rain – Ragdoll Pose



Stand tall, with your feet hip width apart.

Begin to slowly bend your upper body, reaching for your toes.

Now hang your arms like the falling rain.

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Breeze – Crescent Moon Pose



Stand tall, with your feet hip width apart. Reach your arms high up over your head and push your palms together.

Tilt your upper body to one side, keeping your head facing forward.

Come back to the centre.

Now tilt your body to the other side.

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