

# 1



1 2 3 4 5

# 2



1 2 3 4 5

# 4



1 2 3 4 5

# 3

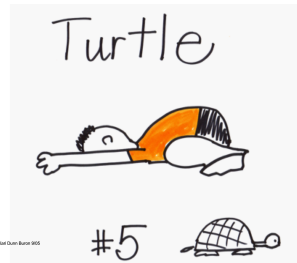


Hold for... 1 ... 2 ... 3 ... 4 ... 5

And other leg,

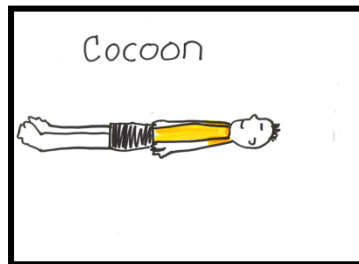
Hold for... 1 ... 2 ... 3 ... 4 ... 5

# 5



Hold for... 1 ... 2 ... 3 ... 4 ... 5

# 6



10 9 8 7 6 5 4 3 2 1

... get up when you're ready.

# 1

Standing with fists together

- Slowly breathe in ... bring elbows up
- Slowly breathe out ... bring elbows down

# 2

Clasp hands over head

- Slowly breathe in while standing up
- Slowly breathe out tipping to one side
- Breathe in while standing up
- Breathe out tipping to other side

# 3

Beginners lean against a wall

- Lift one leg - knee to chest and hold
- Release leg
- Repeat with other leg

# 4

Lay face down on a mat (with hands about level with ears)

- Breathe slowly in lifting head  
(for fun may peek at a partner)
- Breathe slowly out resting head back down

# 5

Sit with bottom on feet

- Breathe slowly in while sitting
- Breathe slowly out sliding arms forward on floor
- Rest with head down (...slow count to 5)
- Breathe in sitting up

# 6

Lay with arms relaxed at sides & feet slightly apart

- May simply have quiet time
- May quietly count breathing in 1-2-3 & out 1-2-3-4  
(adding one to slow down breathing)
- May calmly describe body parts as feeling heavy  
(feet... legs... bottom... back... arms... & finally, head)
- Allow participants to get up when they are ready

## Make your own Yoga cards!

1. Copy these originals onto thicker, card stock paper. You will have 4 sheets.
2. Cut out the copied cards.
3. Tape or glue the smaller instruction cards onto the backs of the bigger picture cards. Be sure to match the numbers. You will have 6 double-sided cards.
4. Cut the out card holder (below) as one piece. Fold at the middle line creating a holder for the cards. Use a rubber band or large paper clip to store closed.
5. Have fun with Yoga!

One card holder-- Do not cut apart.

# Yoga



## Highly Adapted Yoga Poses

By Kari Dunn Buron Text by D.E.Guendel

Fold on line  
this line →

