

# Yoga Cards

## to promote relaxation and sleep



Yoga Cards

## Preparation and Safety

**Time** Can be adapted to any setting or time frame.

**Preparation** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

**Safety** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately.

Yoga Cards

## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Yoga Cards

## Frog Pose - Bhekasana

**Benefits** Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes knees spread wide with your hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to the squatting position and repeat.



## Butterfly Pose

**Benefits** Calms the body and mind; helps relieve stress, headaches and fatigue.

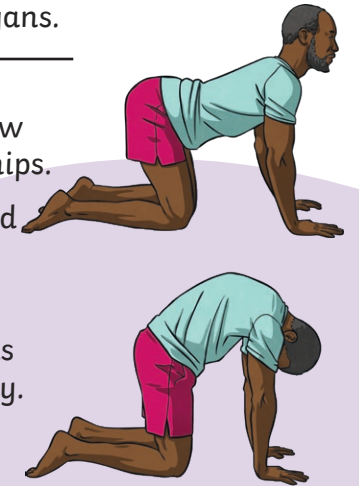
- 1 Begin by sitting with the soles of your feet together.
- 2 Touch fingers to the side of your head like antennae.
- 3 Gently bounce your knees to flap your butterfly wings.
- 4 Exhale and slowly lower your hands back to your lap.



## Cat Cow Pose - Marjaryasana Bitilasana

**Benefits** Stretches torso and neck; gently massages spine and internal organs.

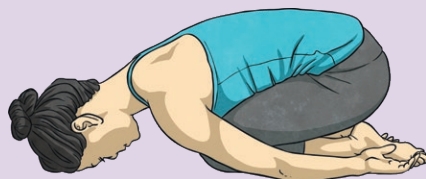
- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders and knees are below hips.
- 2 Inhale, look up to the ceiling and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.



## Child's Pose - Balasana

**Benefits** Stretches the hips, thighs and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.



## Corpse Pose - Savasana

**Benefits** Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

