



Bringing More Yoga to Your Classroom

CALM DOWN SEQUENCE

yoga pose cards

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beginning breaths



Give yourself a big hug. You're doing a great job!

BIG HUG/TIGHT SQUEEZE



whale
breath



Pretend you are a whale spouting water up and out of the top of your head! That's how whales breathe when they come to the surface for air.



Hands together at center. Breathe in as your hands go up over your head, then breathe out as your arms open out to the sides.

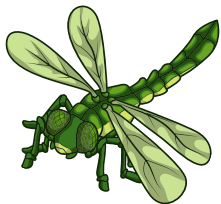


calm breath

Breathe in to the count
of 5; breathe out to the
count of 5.



moving & grooving



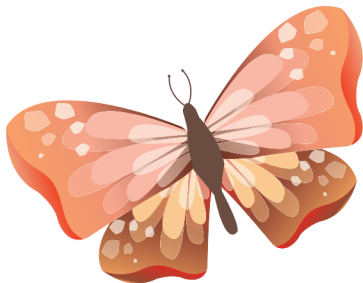
DRAGONFLY POSE



moving & grooving



butterfly pose



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CAT POSE



COW POSE



downward dog pose

Downward dog is a calming pose. It helps strengthen our arms and legs.



moving & grooving



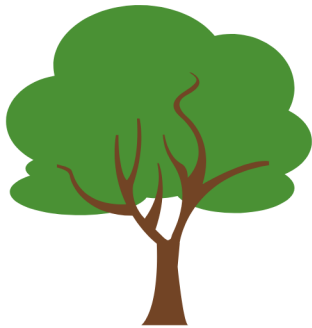
extended puppy pose



Rag doll is a calming pose and helps strengthen your back.

rag doll

tree pose



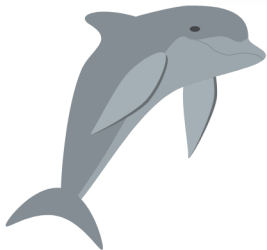


child's
pose

Sit on your knees, all the way back on the heels of your feet. Leaning forward, stretch forward reaching out as far as you can without coming off your knees. Lean forward and rest your forehead on the floor.

You can also keep your arms down by your side instead of reaching out in front.

moving & grooving



There are 90 species of whales,
dolphins and porpoises.

dolphin pose

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rest & relax

Rest & Relax is where we take a few minutes to rest our bodies and our minds.



You can use an eye pillow to cover your eyes or you can put it on your belly.



rest-ready
pose