



ROLL-A-DICE YOGA



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

Work through a series of poses to strengthen and stretch your body

Equipment required


















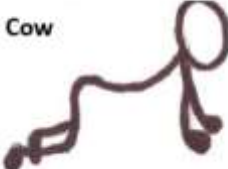
One dice

A cleared space to work in

Time required

30 minutes

Yoga is a great all-round activity to stretch, strengthen, calm and relax. So roll a dice, perform the move and challenge yourself and others to hold each pose for at least 1 minute.

	Cat 	 Tree
	 Mountain	 Cobra
	 Chair	 Namaste
	Triangle 	 Bridge
	 Downward dog	 Table
	 Warrior	Cow 

Sources: <https://www.kidsyogastories.com/>

<https://www.everydayhealth.com/fitness-pictures/yoga-poses-for-beginners.aspx>

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Contact us: Breathing_Space@maroonoec.eq.edu.au



ROLL-A-DICE YOGA (CONT.)



CHALLENGE

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Activity overview

Work through a series of poses to strengthen and stretch your body

Equipment required

One dice
A cleared space to work in

Time required

30 minutes

	<p>Cat Pose Get down on your hands and knees. Pull your stomach in like you are trying to bring your belly button to meet your back. Tuck your chin to your chest. Hold for 3 full breaths. Repeat</p>	<p>Tree Pose Stand up straight. Bend your knee, and place the sole of your foot on your inner calf / thigh and balance. Bring your hands above your head and place your palms together. Hold 30 secs. Switch sides and repeat.</p>
	<p>Mountain Pose Stand tall feet together. Shoulders are relaxed and arms at sides. Take a deep breath and raise hands up in the air - palms face each other. Arms straight. Reach up towards the sky. Hold for 3 full breaths. Repeat.</p>	<p>Cobra Pose Lay flat on the ground. Bring your palms flat on the ground next to your chest. Push your upper body and legs off the ground. Bring your shoulders back. Only your toes and palms should be touching.</p>
	<p>Chair Pose Stand up tall. Lift your hands above your head and bring your palms together. Slowly bendy your knees and pretend like you are sitting in a chair. Hold for 3 full breaths, relax and repeat.</p>	<p>Namaste Pose Stand up tall. Cross your legs and sit down on your bottom. Bring your hands together in praying position level with your heart. After a count of three say namaste whilst bending slightly forward and bowing head.</p>
	<p>Triangle Pose Stand with feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees. Extend arms out to sides, bend over your right leg. right hand touches the floor or rest it on your right leg above the knee. Extend left hand towards the ceiling. Look at the ceiling. Hold for 3 full breaths, swap sides & repeat.</p>	<p>Bridge Pose Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift your body up, keeping your shoulders on the ground. Hold for 3 full breaths, relax and repeat.</p>
	<p>Downward Dog Pose Start on all fours with hands directly under shoulders, knees under hips. Walk hands a few inches forward and spread fingers wide, pressing palms into floor. Curl toes under, slowly press hips toward ceiling, bring your body into an inverted V, press shoulders away from ears. Feet hip-width apart, knees slightly bent. Hold for 3 full breaths, relax and repeat.</p>	<p>Table Pose Get on your hands and knees. Knees are hip width apart, feet directly behind the knees. Palms are directly under the shoulder, fingers facing forward. Look down, flat back. Press palms into floor to drop shoulders. Try to extend the length of spine. Hold for 3 full breaths, relax and repeat.</p>
	<p>Warrior From standing position, step one foot back, facing it slightly outwards. Bring your arms up so they are parallel to the ground, bend your front knee. Rotate your body to your bent knee and look forward. Hold for 5 full breaths, relax and repeat.</p>	<p>Cat 2 Get on your hands and knees. Lift your head up and look straight ahead. Make your back curve down, like the letter C. If you can, extend one of your legs up and behind you. Hold for 3 full breaths, relax and repeat.</p>

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