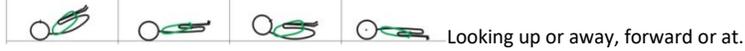


A few guidelines for using the cards *Stretching Bodies*, *Stretching Imaginations Yoga for kids*:

Shanti is the graphic figure: Follow Shanti's nose – Shanti's nose points in the direction of focus and movement.



Looking up or away, forward or at.

What you do on one side of your body, you do on the other.

If the pose or movement hurts stop and figure out a different way to do it or not at all.

For specific method or description of a pose consult a certified yoga instructor or a reference such as www.yogajournal.com

Cobbler's Pose is a great release for the pelvis. We tend to bind in the pelvis when we feel threatened. We need adrenaline when we're in real danger, but the feeling can become a default mode that exhausts us. This pose releases the hips, and can safely be held for 5–10 minutes.

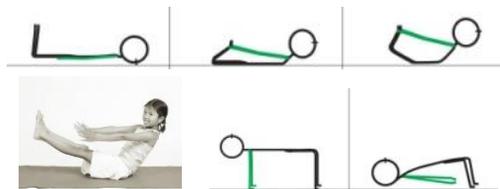


Super Hero Pose on back or stomach: Binding in the diaphragm can be the result of panic. Stretching out the body in Pond Pose lengthens the abdominal cavity and opens the chest so that the diaphragm can move easily. When the breath is free, the nervous system is calm and we feel less desperation.

TRY IT Lie on your back, lengthen both legs, and press both thighs down into the floor. Lengthen your waist by moving your ribcage away from your hips. Extend your arms overhead, straighten them, and reach strongly feel suction or “pond” in your belly.



Boat pose, Table pose and Bridge pose can open heart, extend and flex spine to release tension in diaphragm, back and heart/ribs.



These poses build self reliance & self esteem by activating core strength, balance and righting responses.

Lion's pose The jaw joint, aka the temporomandibular joint (TMJ), is very strong, and tends to lock when we try to hold back impulse or desire. (I'm not talking about a serious TMJ condition, but one that has an emotional source.) When the jaw locks up, the hips also tend to lock up. We feel frozen. By opening the mouth wide and sticking your tongue out to its full extension while exhaling in Lion breath, the jaw opens completely, which helps to release the tension in the jaw.



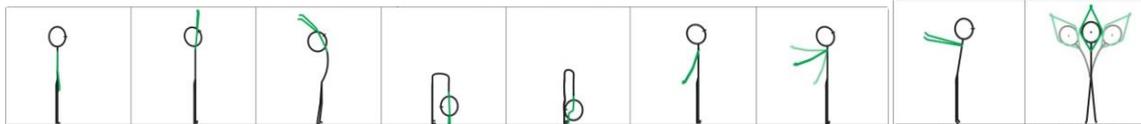
Downdog pose and sequences release the hamstrings and contract their antagonist muscles, the quadriceps. We're all guilty of “running away” from feelings that make us uncomfortable or afraid. The hamstrings are an important part of our fight-or-flight

mechanism. Some say that we hold grief in the hamstrings, which is one of the most difficult emotions with which to stay present.

Downdog releases the hamstrings and contracts their antagonist muscles, the quadriceps.



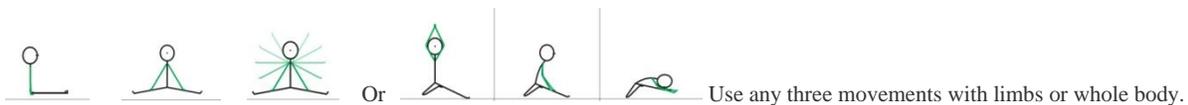
Arm Swings Taking on too much responsibility can make the shoulders so tense they feel like concrete. Moving the arms and shoulders unlocks that tension. In Italy, they understand that the arms are a way to express the heart. **TRY IT:** Stand in mountain pose swing your arms up and down and side to side, waterfall & forward folds, fairy, bird, kite poses all open heart, bring circulation and benefits of stretching to us.



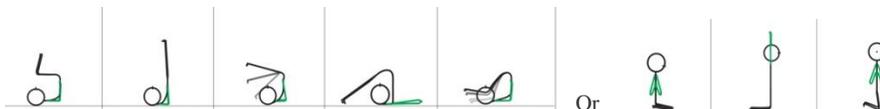
Sit in helicopter or butterfly twist, flutter, bend like the sun and moon rising and setting - twisty & bending yoga is stress releasing, energizing and good for internal organs.



Zip Zap Zop sequence - Using the phrase to move in sequences of three as demonstrated or spontaneous movement to stretch, focus, and change planes of the body. While saying Zip do a movement, Zap the next and Zop the final pose or position. And so forth. This can be done with almost any arm, leg, standing or sitting movement sequence - Endless possibilities. **Zip, Zap, Zop** is a great way to regroup or get everyone's attention.



Shoulder stand or candle sequences - the human head weighs an average of 8% of our body weight, so holding the head is a big job. Inversion improves the alignment of the whole body, while strengthening the neck muscles. Neck muscles can be strained if in fight flight hyper alert or insecure mode. Turning yourself upside down also gives you a new perspective. Since you must stay focused and present when you are in an inversion you can't worry about the future or dwell in the past.



Forward fold then while holding ankles or grabbing toes to move forward in a dinosaur walk also allows for a release in a standing position, great for getting rid of anger or tension. Even roar like a dinosaur if you like.

