

PHYSICAL EDUCATION ACTIVITIES – YOGA

Apple Orchard YOGA

Pose 1 - The Tree

Tree Pose

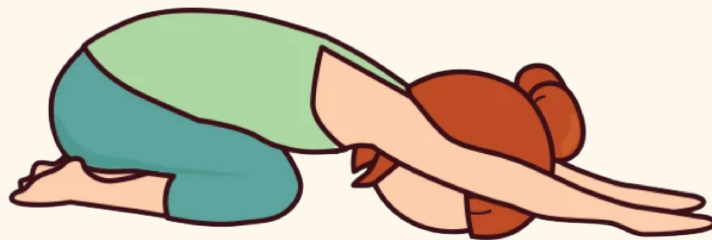
- Beginning on one leg, ground one foot into the ground, slight bend in the knee, lengthen the spine
- Finding gaze at the ground slightly in front of you
- Lifting opposite foot to rest the heel on your ankle, inner calf, or inner thigh (NOT THE INNER KNEE)
- Raise above head, or bring hands together at hearts center, or bring behind and grab elbows.



Pose 2 - The Apple

Child's pose or Rabbit pose

- Knees hip width distance apart of together
- Arms stretched above the head or sent backwards alongside the legs.
- Head resting on the ground



Pose 3 - The Wheelbarrow

Reverse Tabletop

- Start on your bottom and place your hands, fingertips facing towards you, slightly behind you on the ground
- Feet flat on the ground, knees bent
- Slowly and gently lift your bottom off the ground, lifting your hips towards the sky/ceiling



Pose 4 - The Sun

Star pose

- Stand with feet hips width distance apart, toes slightly turned out, knees slightly bent
- *Inhale* and raise arms overhead
- *Exhale*, bend arms into a 90 degree angle and squat at the same time.
Inhale lift up
- **Repeat**



Pose 5- Picking the Apple

Standing Mountain pose

- Begin in a standing mountain, both feet grounded into the earth, arms relaxed and by your side, psalm facing forward, shoulder down and back.
- On an inhale raise right arm and left leg, as if you're climbing a ladder
- Exhale and switch sides, repeat and try to make the movement smooth and fluid.

