Introduction to Yoga

Materials needed: mats, relaxing music

1. Place mats and the laminated Yoga signs at stations throughout the activity area. Relaxing music should be playing.

2. Briefly discuss yoga, its benefits, and its history. In addition, mention how yoga can reduce stress and increase feelings of relaxation.

3. After brief instructions, have students choose a station. Have students face me, and lead them in the mountain pose as a group. While this pose is not a stretch, it is an opportunity to set the tone for the activity. Following that, have the students read the card and look at the picture, then attempt the yoga position.

4. Allow about two minutes for reading and practicing, then turn the music down as a signal to move to the next station.

5. Allow students to go through as many stations as time permits. Finish with a relaxation pose as a group, and discuss relationship to flexibility.