



BENT ON LEARNING

HOME YOGA PRACTICE TEMPLATE

1. Define 1 Fitness Goal
2. Make a list of your favorite yoga poses that will help you reach your fitness goal and combine them into sequences that you think are fun and can enjoy (the number of poses and sequences should increase each week as you learn new poses).
3. Work toward practicing yoga at home 3x per week for at least 20 minutes each time. Ask your parents and siblings to join you!
4. Your home practice should include the following types of poses/sequences in the order listed below. (NOTE: Safety first! Do not do poses that you are not comfortable in. For example, headstand is optional).

OPENING POSE (5 minutes.):

Opening pose prepares the body and mind for practice.
Take good posture, quiet down and be mindful of the breath.

WARM UP/SUN SALUTES (start with 3 and work up to 10 by the end of the semester)

STANDING POSES, STANDING TWISTS AND STANDING BALANCES

SEATED FORWARD BENDS AND TWISTS

ARM BALANCES and HEADSTAND

BACK BENDS and a counter-pose (after back bending, do one seated forward bend)

COOL DOWN with **SHOULDER STAND SEQUENCE and/or RESTORATIVE POSES**

FINAL RELAXATION (Rest in Corpse Pose (Savasana) for at least 5 minutes at end of every practice)

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EXAMPLE – WEEK 1 Home Practice

Opening Pose
Sun Salutes
Cool down with Shoulder Stand Sequence
Rest

EXAMPLE – WEEK 2-3 Home Practice

Opening Pose
Sun Salutes
My favorite Standing Pose(s)
My favorite Seated Forward Bend(s)
Cool Down with Shoulder Stand Sequence/Restorative Poses
Rest

EXAMPLE – WEEK 10 Home Practice

Opening Pose
Work up to 10 Sun Salutes
My favorite Standing Pose(s), Standing Twist(s) and Standing Balance(s)
My favorite Seated Forward Bend(s) and Seated Twist(s)
My favorite Arm Balance(s)
My favorite Back Bend(s) and counter pose
Cool down with Shoulder Stand Sequence
Rest

EXAMPLE – WEEK 12 Home Practice

Get ready to demonstrate or to lead the class in your favorite sequence of poses from one section!

Have Fun!!