



Headstrong -

Week 16

2020/21

<https://www.youtube.com/watch?v=QievsRwq9Kw>



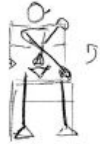
<https://www.youtube.com/watch?v=AJVjMg7MyDE>



15 MINUTE YOGA SEQUENCE



BREATH AWARENESS
Golden Thread



SPINAL TWIST



CHEST/HEART OPENER



FORWARD BEND
Back Stretch



DIGESTION SQUEEZE



NECK LIMBERING



CHEST AND BACK STRETCH



DANDASANA



FORWARD BEND



SIDE STRETCH



Then fold forward
Arm Stretch



HIP STRETCH
with Forward Bend



FIRE LOG
and Forward Bend

Try both legs



RELAXATION
Breath Awareness

Illustration by Victoria Green



STORK



DANCER



WARRIOR TWO

Bottom rests on side of chair at front



EXTENDED SIDE ANGLE

Chair yoga sequence

You will find a larger version of this sequence in your google classroom too, so do try it out to help you stretch and recover from sitting at a desk for so long!

HEALTHY SCHOOLS CHALLENGE:

Try to complete at least one session of chair yoga during this week.

You will receive extra point for each day you manage to build in some yoga to your daily routine.



* Deep BreATH IN*
+ Deep BreATH out; +
* remEMBer you're *
x ONLY HUMAN & THAT *
* IT'S okay IF life feels
* Heavy rIGHT NOW. +

+ * @lauraJANEILLuSTRATIONS + * *
+