

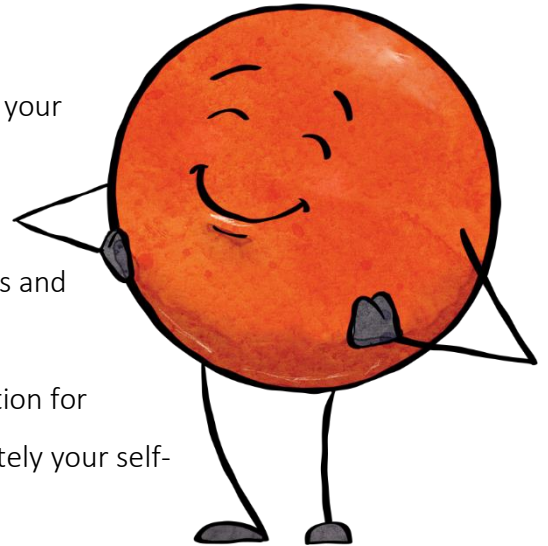
ONTDEK
YOUR STORY



YOGA CARDS

YOGA AND SELF-EMPOWERMENT

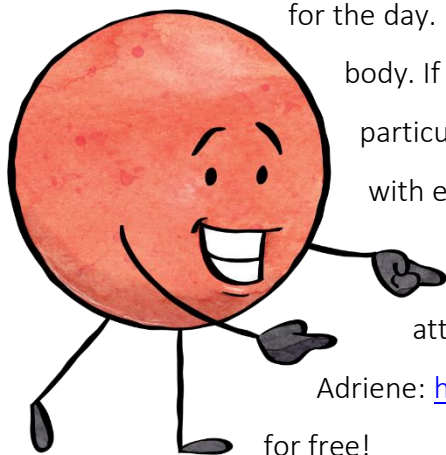
Yoga is an accessible tool to help you build a connection with your breath and body, which in turn will enable you to be more mindful and present in your everyday life. Breathing and stretching have been proven to be effective in releasing stress and anxiety. When you are calm and relaxed you tend to be more focused, energetic, and creative. All of this builds the foundation for improving your self-control, problem solving skills and ultimately your self-confidence.



HOW TO USE ONTDEK YOGA CARDS

After you have printed the cards you can either cut and fold them so that the image is on the front and the instructions are on the back or you can keep them in strips like a bookmark. Laminate them for longevity.

Each yoga card can be used by itself or you can group them together to create a short yoga sequence. Simply choose the pose or poses that you think will support you in this moment or for the day. Remember to focus on your breath and the sensations in your body. If you became aware of a specific part of your body that feels particularly tense or tired send your breath to that part of your body with every exhale.



If you fall in love with yoga and wish you could do more or attend classes with a trained instructor, check out Yoga with Adriene: <https://yogawithadriene.com> She offers high quality yoga videos for free!

IMAGES BY:

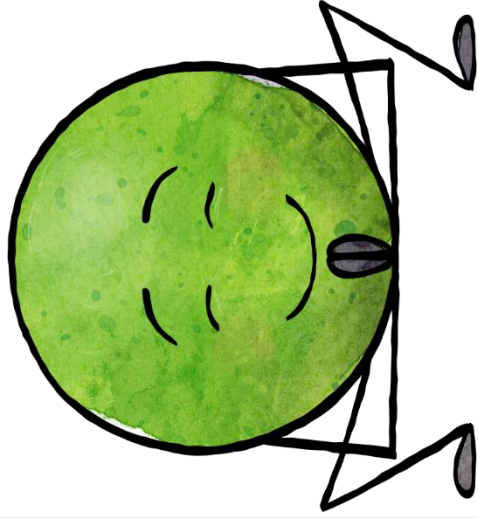


<https://sarahpecorino.com>

TERMS OF USE:

You are very welcome to use OntdEK yoga cards for yourself, your children, or your friends. Please feel free to use it as an open resource in your school or organization and feel free to share it with your wider networks!

Please do not copy any part of this resource and present it as your own work. Please do not sell the resource.



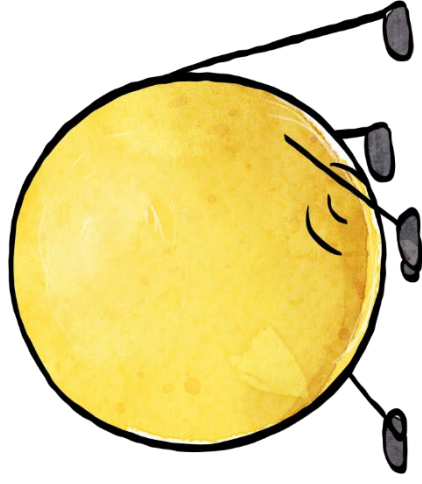
HORSE POSE

YOGA FOR STRENGTH

STAND WITH YOUR LEGS WIDER THAN YOUR HIPS. TOES POINTED TO THE SIDES. BEND YOUR KNEES TO MAKE A 90° ANGLE. PRESS YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST. PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS. BREATHE DEEPLY.



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DOWNWARD DOG

YOGA FOR CREATIVITY

STAND WITH YOUR FEET HIP WIDTH APART. PLACE YOUR PALMS FLAT ON THE GROUND. MAKE A V SHAPE WITH YOUR BODY, PRESSING YOUR HIPS UP AND BACK. RELAX YOUR HEAD AND NECK. BREATHE DEEPLY.



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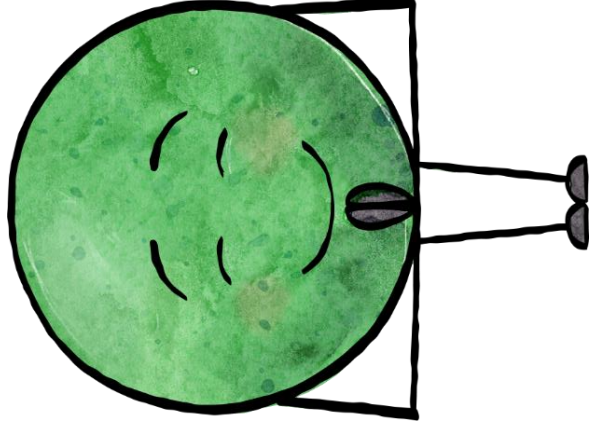
WARRIOR 1 POSE

YOGA FOR COURAGE

STAND WITH YOUR FEET WIDER THAN YOUR HIPS. TWIST YOUR TORSO TO ONE OF YOUR LEGS, TURNING THAT FOOT AND BENDING THAT LEG TO A 90° ANGLE. REACH UP TO THE CEILING WITH BOTH HANDS, PALMS FACING EACH OTHER. REMEMBER TO PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS. BREATHE DEEPLY.



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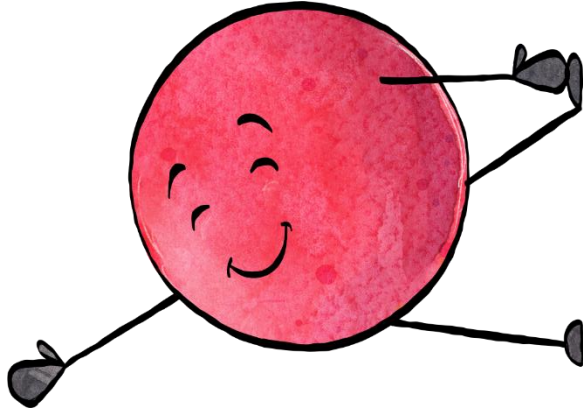
MOUNTAIN POSE

YOGA FOR FOCUS

STAND UP STRAIGHT, WITH YOUR HEAD OVER YOUR HEART AND YOUR HEART OVER YOUR PELVIS. YOUR FEET CAN EITHER BE TOGETHER OR HIP WIDTH APART. TOES ARE POINTED TO THE FRONT. PRESS YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST. PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS. BREATHE IN FOR 2 COUNTS AND OUT FOR 4 COUNTS.



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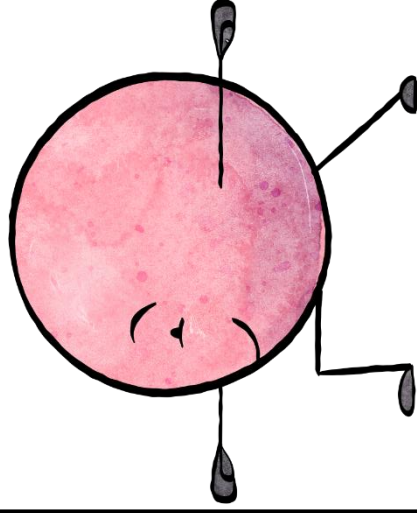
TRIANGLE POSE

YOGA FOR CLARITY

STAND WITH YOUR FEET WIDER THAN YOUR HIPS.
TURN ONE FOOT OUT TO FACE THE SIDE.
SLIDE YOUR ONE HAND DOWN TOWARDS THE TURNED-OUT FOOT.
REACH THE OTHER HAND TOWARDS THE SKY.
LOOK UP AT YOUR HAND.
BREATHE DEEPLY.



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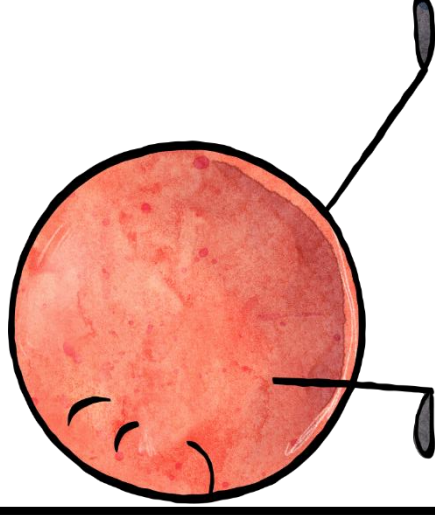
WARRIOR 2 POSE

YOGA FOR PEACE

STAND WITH YOUR FEET WIDER THAN YOUR HIPS.
TWIST YOUR TORSO TO FACE ONE OF YOUR LEGS, TURNING OUT THE FOOT AND BENDING THAT LEG TO A 90° ANGLE.
STRETCH YOUR ARMS TO THE SIDE, HOLDING THEM PARALLEL TO THE GROUND.
TURN YOUR HEAD TOWARDS YOUR BENDED LEG.
PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS.
BREATHE DEEPLY.



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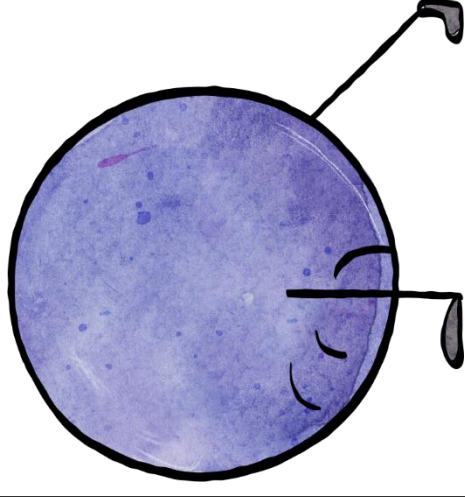
UPWARD DOG

YOGA FOR ENERGY

LAY FLAT ON THE GROUND ON YOUR BELLY.
PLACE YOUR PALMS UNDER YOUR SHOULDERS.
STRAIGHTEN YOUR ARMS, LIFTING AND OPENING YOUR CHEST.
LOOK UP.
REMEMBER TO DRAW YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS.
TRY NOT TO TENSE THE JAW BUT RELAX YOUR FACE.
BREATHE DEEPLY.



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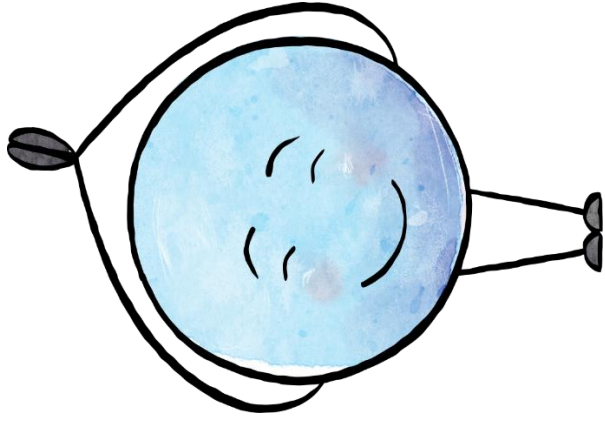
PLANK POSE

YOGA FOR FOCUS

PLACE YOUR PALMS FLAT ON THE FLOOR IN FRONT OF YOU.
STEP BACK WITH BOTH FEET, FORMING A STRAIGHT LINE FROM THE TOP OF YOUR HEAD TO YOUR HEELS.
KEEP YOUR ARMS STRAIGHT, KEEP YOUR HIPS LIFTED (NOT SAGGING AND ARCHING YOUR BACK).
MAKE SURE YOUR HANDS ARE IN LINE WITH YOUR SHOULDERS AND THAT YOUR SHOULDERS ARE PULLED AWAY FROM YOUR EARS.
BREATHE DEEPLY.



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KITE POSE

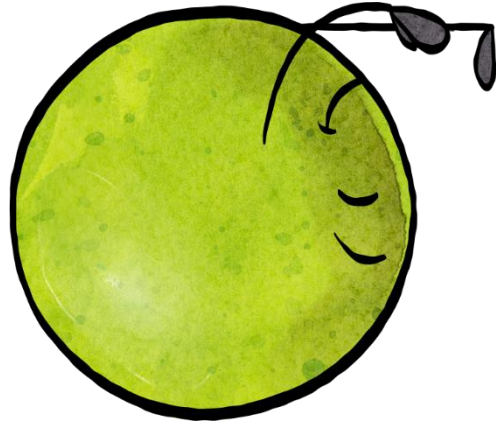
YOGA FOR ENERGY

STAND WITH YOUR FEET TOGETHER.
REACH YOUR HANDS TOWARDS THE SKY AND PRESS YOUR PALMS TOGETHER.
LEAN WITH YOUR BODY TO THE ONE SIDE.
REMEMBER TO PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS.
BREATHE DEEPLY.



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STANDING FORWARD BEND

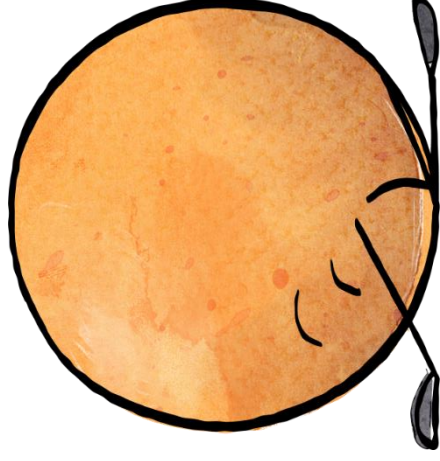
YOGA FOR CLARITY

STAND WITH YOUR FEET HIP WIDTH APART.
BEND DOWN, AIMING TO TOUCH YOUR TOES WITH YOUR FINGERS.
BEND YOUR KNEES SLIGHTLY.
RELAX YOUR NECK AND FACE.
BREATHE DEEPLY.



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CHILD POSE

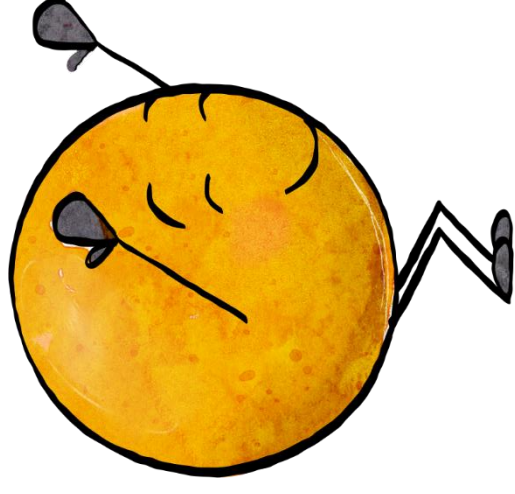
YOGA FOR PEACE

SIT ON YOUR KNEES.
LOWER YOUR HIPS DOWN AND BACK TOWARDS YOUR HEELS.
STRETCH YOUR ARMS OUT IN FRONT OF YOU, PALMS ON THE GROUND.
REST YOUR FOREHEAD ON THE GROUND.



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CHAIR POSE

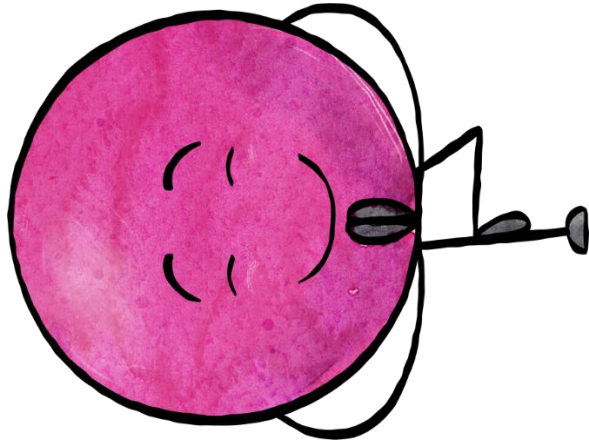
YOGA FOR CONFIDENCE

STAND WITH YOUR FEET AGAINST EACH OTHER.
REACH YOUR HANDS UP TOWARDS THE SKY, PALMS FACING EACH OTHER.
LOWER YOUR HIPS DOWN AND BACK, LIKE YOU ARE ABOUT TO SIT ON A CHAIR.
REMEMBER TO PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS AND RELAX YOUR FACE.
BREATHE DEEPLY.



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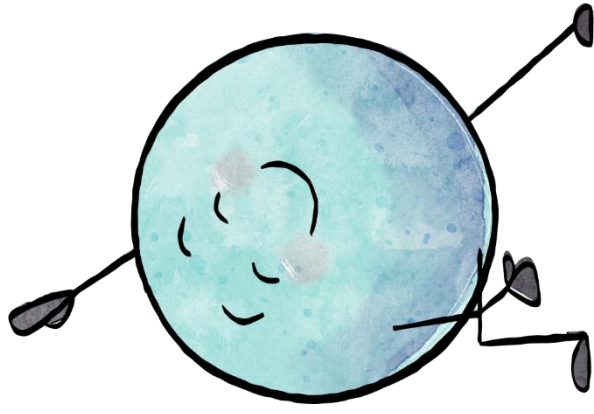
TREE POSE

YOGA FOR BALANCE

BEGIN WITH YOUR FEET NEXT TO EACH OTHER.
PLACE THE SOLE OF YOUR ONE FOOT JUST ABOVE OR JUST BELOW YOUR KNEE.
PRESS YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST.
PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS.
BREATHE DEEPLY.



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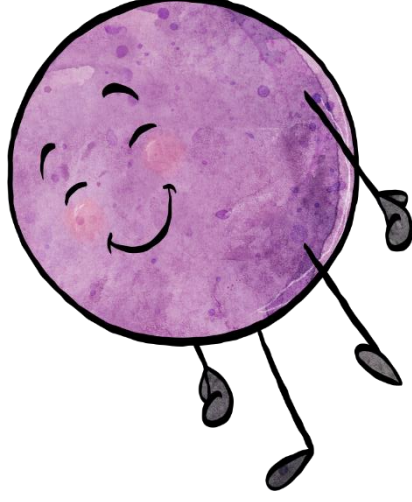
SIDE ANGLE POSE

YOGA FOR ENDURANCE

BEGIN IN WARRIOR 2 POSE.
REST YOUR ELBOW ON THE BENDED LEG.
EXTEND YOUR OTHER ARM PAST YOUR EAR, FORMING A STRAIGHT LINE FROM YOUR FINGER TIPS TO YOUR TOES.
LOOK IN FRONT OF YOU.
RELAX YOUR FACE AND JAW.
BREATHE DEEPLY.



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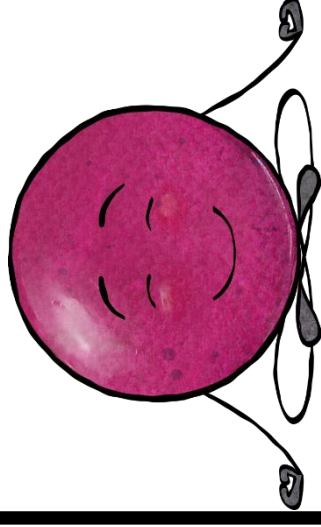
CORPSE POSE

YOGA FOR CREATIVITY

LIE FLAT ON YOUR BACK.
RELAX YOUR ENTIRE BODY.
OPEN YOUR PALMS TO FACE THE SKY.
BREATHE DEEPLY.



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MEDITATE POSE

YOGA FOR FOCUS

SIT WITH YOUR LEGS CROSSED.
REST YOUR HANDS ON YOUR KNEES, PALMS FACING UP TOWARDS THE SKY.
PRESS YOUR MIDDLE FINGER AND THUMB TOGETHER.
REMEMBER TO PULL YOUR SHOULDERS DOWN AND AWAY FROM YOUR EARS.
BREATHE DEEPLY.



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