

Yoga

Yoga began in India more than 5000 years ago. *Yoga* means the union of the body and the mind. It is a good way to exercise and reduce stress. There are three main parts to yoga: *postures* (body positions), *breathing* (air moving in and out of your body) and *meditation* (emptying the mind).

Today you will learn yoga breathing and two yoga postures.

① Body parts

Work with a partner. How many parts of the body do you know in English?

Do you know these? Write any new words on the picture.

arm, armpit, hand, palm, wrist, elbow, back, buttocks, neck, shoulder, knee, chest, hips, ribs, leg, foot, arch, sole, instep, toes, shin, tailbone, thigh, abdomen, pelvis



Fingers:
little,
ring,
middle,
index (or
"pointing"),
thumb

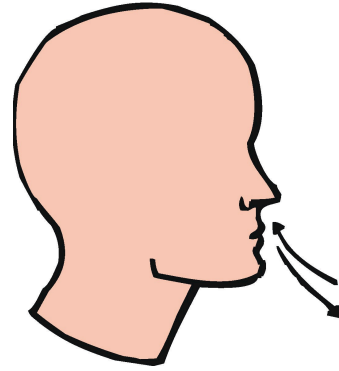
See more words
on the last page.

② Yoga breathing

Yoga breathing is a simple way to decrease stress and increase energy.

In your pair, **A** reads *Deep Breathing*.
B reads *Alternate Nostril Breathing*.

1. Read.
2. Practice the breathing
3. Teach your partner this type of breathing.



A Deep breathing

1. Sit comfortably.
2. Inhale (breath in) through your nose. As you do, silently count to five: 1 – 2 – 3 – 4- 5. Inhaling should take five seconds.
3. Hold your breath for five seconds. Count Silently.
4. Exhale through your mouth. Count to five. Keep exhaling for five seconds, even if it feels like you don't have any more air to exhale.
5. Wait five seconds before inhaling again.
6. Start again with step 2. Repeat four times.

Note- This exercise helps you get rid of the "old" air in your lungs. Try to build up the length you inhale and exhale to 8 or even 10 seconds.

You can add this to walking to make a 'walking meditation.' This is also a good exercise to do before a test to relax yourself.

B Alternate nostril breathing

1. Sit comfortably. Touch your forehead with the middle finger of your right hand. Put your thumb on the right side of your nose. Put your little finger on the left side.
2. Close your right nostril (the hole in your nose) with your thumb. Inhale (breathe in) through your left nostril for five seconds.
3. Close both nostrils. Hold your breath for five seconds.
4. Lift your thumb. Exhale (breathe out) through your right nostril for five seconds.
5. Repeat steps 2-4. This time inhale through your right nostril and exhale through your left.
6. Repeat the exercise four times.

Note – We breathe in two-hour cycles. First one nostril is the main one we use. Then the other nostril is main. This affects energy. This exercise gives you balance.

③ The yoga posture card

With your partner, choose one yoga posture card.
Do NOT look at the back of the card.

1. Read the card. Try to understand it.
(Some of the words you need are written on the back of this sheet.)
2. With your partner, talk about the posture. How do you do it?

Choice:

- **Try the yoga posture** (This will make it easier to remember)
- OR**
- **Draw a picture of a person doing the pose.**

Note to teachers: Many yoga cards are available. I use <i>The Yoga Deck</i> by Olivia Miller. Chronicle Books.

3. Look at the back of the card to see if you were correct.

④ Join another pair.

- Teach them your yoga position.
- Learner their position. Try it.

⑤ Keep joining new pairs. How many positions can you learn?

Question for the end of class – you have been doing a lot of yoga/exercise today. You usually feel tired after you exercise. Do you have more or less energy than at the beginning of class?

Extra words you might need

6 inches = about 15 centimeters

clasp = hold with your hand

erect = straight (as in "sit erectly"
"sit up straight")

exhale = breathe out

gaze = look at (for a long time)

grasp = hold with your hand

inhale = breathe in

kneel = a position with your knees
on to floor and your body straight up.
(see the picture →)

nostrils = the holes in your nose.

parallel = a position where two
lines never touch, like || or -----.

posture = the position of your body

rotate = turn

strain = try too hard

sway back = when your back is
curved



This woman is kneeling.



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