

Rhythm & Flow YOGA for TEENS

Teens have stress too! Grab a friend and a yoga mat, or shut your bedroom door and rock out alone. Put on some jams that soothe your soul and try out these poses. No need to do them all, or do them perfectly, just give it a shot! Extra credit challenge: turn off your phone while practicing.



a



b



2. Mountain Pose

Come into standing with your feet hip width apart. Lift your toes and lower them slowly, feeling the floor solid under your feet. Lift your heart toward the ceiling. Relax your shoulders. Relax your jaw. Take 5 breaths.



a



b



c



d



e



f

3. Sun Salutation (a) Reach your arms overhead. (b) Fold over toward your toes and then lift halfway. (c) Plant your hands on the ground and step your feet back into a plank (push-up) position. (d) Lower to the ground, lift your chest and look up. (e) Lower your head and push back into Down Dog position (inverted V shape). (f) Look forward and step your feet between your hands, reach your hands overhead and lower your hands to your heart. Repeat whole sequence 3-5 times.



a



b

4. Standing Forward Bend (a) Reach forward and hook your big toes with the first two fingers of each hand, fold upper body over your legs. Take 5 breaths. (b) Lift your feet and place the palms of your hands under the soles of your feet, fold over your legs. Take 5 breaths.



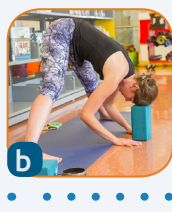
5. Triangle Pose Step your right foot back. Place your left hand on your left thigh, the floor, or a block/book, and twist your torso toward the right. Take 5 breaths. Repeat on the left side.



6. Reverse Triangle Step your right foot back. Place your right hand on your left thigh (or the floor/block) and twist toward the left. Take 5 breaths. Repeat on the other side.



a



b

9. Open V Forward Bend (a) Step your right foot to the back of your mat and turn toward the right, facing the long side of your mat. Bending at the waist, lower your head toward the ground, placing your hands on the ground. Take 5 breaths and then come back up slowly. (b) Option to place block under your head for support, or rest the head on the floor.



10. Open V Forward Bend Twist Return to pose #9, but this time place your right hand on the floor or a block, and twist the body to the left, with left hand raised in the air. Lower your left hand and place it on the floor, lift your right hand, twisting to the right. Repeat 4 more times on each side.



8. Reverse Side Angle Step your right foot back. Bend your left knee and reach your right elbow over your left knee. Twist to the left. Bring your hands to heart center. Take 5 breaths. Repeat on the other side.



7. Side Angle Pose Step your right foot back. Bend your left knee and place your left elbow on it. Twist your torso toward the right and reach your right arm overhead. Take 5 breaths. Repeat on the left side.



a

11. Pyramid Pose (a) Step your right foot back. Reach behind your back and hold your opposite wrists or elbows. (b) If you have the shoulder flexibility, place your hands in reverse prayer behind your back. (c) Bend over your left knee, twisting slightly toward the left. Take 5 breaths. Repeat on the other side.



b



c

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12. Tree Pose (a) Turn your right foot to a 90° angle. (b) Lift your right foot to your calf. Bring your hands in prayer pose to the center of your chest. (c) Option to lift foot to inner thigh and raise arms overhead. Take 5 breaths. Lower the foot and repeat on the other side.

13. Down Dog From Mountain Pose, bend over and place your hands on the floor next to your feet. Step your feet to the back of your mat and lift your hips in the air, creating an inverted V shape. Line up your ears with your arms and tuck your chin. Take 5 deep breaths.



14. Flipped Dog From Down Dog, lift your right leg in the air and bend your knee. Drop your right foot to the ground on the left side of your mat, flipping your chest toward the ceiling and reaching the right arm overhead. Take 5 breaths. Come back to Down Dog. Repeat on the left side.



16. Body Tapping (a) Standing in Mountain Pose, lightly tap your left arm with your right hand, then tap your right arm with your left hand. (b) Tap your chest and belly. (c) Tap your hips and legs. (d) Tap your feet, the back of your legs, your bottom, lower back, mid-back, upper back (or whatever you can reach!), shoulders, back of the head, top of the head, and (gently!) your face.



18. Seated Forward Bend Sitting with your legs out in front of you, wrap the strap around the soles of the feet. Walk your fingers down the strap, coming closer to your toes. Hold the elbows out to the side. Take 5 deep breaths.



19. Reverse Table Top Plant your feet flat on the floor and place your hands on the floor behind you, with your fingers facing your feet. Lift your hips off the ground toward the ceiling, flattening your torso. Option to let the head fall back if that feels good for your neck. Hold for 5 breaths, then lower.



20. Slide Pose Reach your legs out long in front of you and place your hands on the floor behind you, with your fingers facing your feet. Lift your hips off the ground toward the ceiling, flattening your torso and keeping your legs as straight as possible. Try to touch your toes to the mat. Option to let the head fall back if that feels good for your neck. Hold for 5 breaths, then lower.

17. Toe Squat with Shoulder Stretch (a) Sit on your heels with your toes tucked under. Grasping the end of a strap, reach your right arm overhead and let the strap dangle down your back. Reach behind your back and hold the other end of the strap with your left hand. Bring the hands as close together behind the back as possible. (b) Option to clasp fingers in gable grip instead of using strap. Hold for 5 breaths and repeat on left side.



21. Shoelace Pose (a) Place your right foot by your left sit bone. Cross the left leg on top, trying to stack the left knee on top of the right. (b) If possible, lean forward over the knees. Hold for 5 breaths. Repeat on the other side.



22. Boat Pose (a) Rock back and balance on your bottom, lifting your bent knees in the air and holding underneath them. Hold for 5 breaths. Lower legs. (b) **Uplifting Pose** Cross ankles, place hands on blocks next to hips, lift bottom off the ground. Hold for 5 breaths. Lower. (c) Repeat Boat Pose, this time letting go of the knees and stretching the arms to the side. Lower legs. (d) Repeat Uplifting Pose. (e) Repeat Boat Pose, this time straightening the legs.

23. Leg Lift Place right foot in by left sit bone. Lift left leg, holding on to block for support. Point toes and make 3 clockwise circles, then 3 counterclockwise circles with entire leg. Lower left leg. Repeat on right side.



the ground. Hold for 5 breaths. Lower. (c) Repeat Boat Pose, this time letting go of the knees and stretching the arms to the side. Lower legs. (d) Repeat Uplifting Pose. (e) Repeat Boat Pose, this time straightening the legs.



24. Seated Twist

From seated position with your legs out in front on you, bend your right knee and place your foot on the ground near your right

sit bone. Wrap your left hand around your right thigh and place your right on the floor behind you. Exhale and look over your right shoulder. Hold for 5 breaths. Repeat on the left side.

25. **Bound Seated Twist** (a) From a seated position with your legs out in front of you, cross your right ankle over your left thigh. Place a strap around the right foot and bring the strap behind your back, grabbing it with your right hand. Lean forward and hold your left foot or toes with your left hand (or rest the hand on your leg). (b) Option to place a block under the bent knee for support. Hold for 5 breaths. Repeat on the other side.



26. **Twisted Roots** Lie on your back and place your feet flat on the floor. Walk your feet and your hips to the right side of your mat, leaving your torso and head in the middle. Cross your right knee over your left and drop your knees to the left. Place your left hand on your right thigh (the one on

top) and take your right arm out at a "T" shape to the side. Hold for 5 breaths. Repeat on the other side.

27. **Happy Baby** Lie on your back with your feet in the air and your knees bent. Reach between your legs and wrap your hands around the outside of your feet or ankles. Lower your knees toward the ground and take 5 deep breaths.



28. **Banana Pose** (a) Lie on your back and walk your feet and arms to the right. (b) Hold your left wrist with your right hand and pull gently. Cross your left ankle over your right ankle. Take 5 breaths. Repeat on the left side.



29. **Modified Fish Pose** (a) Lie on your back with one block between your shoulder blades (option to use a bolster or rolled up mat if this is too intense). (b) Place another block underneath your head. Arms come out to the side in a "T" shape and palms roll up toward the ceiling. (c) Option to place the head directly on the floor for a more intense neck stretch.



30. **Self-hug** Bring your knees to your belly and wrap your arms around your knees. Give your legs a gentle squeeze.

Rock from side to side to give your lower back a slight massage. Take 5 deep breaths.

31. **Modified Bridge Pose** (a) Lie on your back and place a block underneath your sacrum (just above your tailbone). (b) Straighten your legs. If this feels too intense, go back to (a). Hold for 5 breaths.



32. **Bound Forward Bend** From an easy sitting position (or Lotus or Half-Lotus) reach behind your back and hold your opposite elbows or wrists. Inhale and look toward the ceiling. Exhale and fold your torso over your knees. Lower your head to the mat or a block, if possible. Hold for 5 breaths.

33. **Meditation Pose** Sitting in an easy cross-legged position (or Lotus or Half-Lotus) place the back of your wrists on the fronts of your knees. Tuck your index finger under your thumb. Straighten the other three fingers toward the floor. Tuck your chin and close your eyes, or gaze softly in front of you. Hold for 10 breaths.



34. **Uplifting Pose** Cross ankles, place your hands on the blocks or mat next to hips, lift your bottom off the ground. Hold for 5 breaths. Lower.

35. **Savasana** (a) Lie on your mat with a bean bag, block, or phone on your belly. Roll your feet to the side and your palms toward the ceiling. Inhale and let your belly rise toward the ceiling. Exhale and lower your belly. Close your eyes and continue this relaxing breathing for at least 5 minutes. Stay as long as you like. (b) Have a partner place their hands around your feet and give a gentle squeeze to the arch of your foot with their thumb. (c) Have a partner gently cradle your head in their hands while they apply mild pressure at the base of your skull and slowly lower your head back to the mat.

