

Connecting with the Environment - Garden Yoga



Be a seed

Child's pose (Balasana): Exhale and lower the hips to the heels and forehead to the ground. Have the knees together or if more comfortable, spread the knees slightly apart. The arms can be overhead with the palms down or alongside the body with the palms up. Breathe slowly and deeply, actively pressing the belly against the thighs on the inhale. Breathe and hold for 4-12 breaths.



Be a worm

Cobra pose (Bhujangasana): Lie on your belly, with the chin on the ground, palms flat on the floor under the shoulders and legs together. Engage your glutes and thighs pressing them down towards the floor. Inhale and lift the head and chest off of the floor, keeping the neck in line with the spine. With the elbows close to your sides, press down into the palms and use the arms to lift you up even higher. Drop the shoulders down and back and press the chest forward. Breathe and hold for 2-6 breaths.



Be a locust

Locust pose (Shalabhasana): Lie on your belly, with the chin on the ground, legs together and arms alongside the body, with the palms down. Inhale and lift the legs, head, chest, and arms off of the floor. Reach out through the fingers, toes and crown of the head. Keep the neck in line with the spine. Drop the shoulders down and back and press the chest forward. Breathe and hold for 2-6 breaths.



Be a bird

Crow pose (Bakasana): From standing, bend your knees and place your palms flat on the floor about shoulder's distance apart. Spread your fingers wide and press into the tops of each finger. Bend your elbows and come up onto the balls of your feet. Press your knees high up into the back of your arms near your arm-its. Lean forwards onto your hands and come off of your feet. And hug your feet towards your bottom. This pose takes practice and tenacity!



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Be a fish

Fish pose (Matsyasana): Lying on your back with the arms along side your body and the straight, slide the hands palms facing down under the tops of the thighs. Have the elbows slightly bent, next to the sides of your body. Press into the elbows, use the arms to lift the chest up, arching the spine, and rolling on to the crown of the head. Do not use the head or neck to support the posture, use the arms, torso, glutes and legs to continue to lift the chest towards the sky. Breathe and hold for 3-8 breaths.



Be the moon

Reverse Warrior (Viparita Virabhadrasana): Stand with your feet wide apart. Bend your front knee keeping the knee in line with the ankle. Keep your back leg long and strong. Stretch your arms out either side of your body pushing away from your core. Now raise your front arm to the sky and slide your back arm down your straight leg and lean into the stretch looking up at the sky. Sink the hips down toward the earth and relax the shoulders. Breathe and hold for 2-6 breaths. Repeat on the other side.



Be a tree

Tree pose (Vrikshasana): Stand tall with your hands pressed together at your heart centre. Engage your core and your glutes and fix your gaze on something steady in the distance. Shift your weight to your standing leg and slowly lift your other leg away from the ground. You can either place your foot on your ankle, your shin, or high on your inner thigh (depending on your balance). Now grow your tree reaching your hands up to the sky. Breathe and hold for 4-8 breaths. Repeat on the other side.



Be a flower

Lotus pose (Padmasana): Sit on the ground cross-legged. You can either stay here, or stack one leg on top of the other with a foot resting on your thigh, or for full lotus pose aim to have both feet resting on opposite thighs. Rest your hands on your knees with the palms facing up. Press the hip bones down and reach the crown of your head towards the sky. Relax the face, jaw and belly. Breathe deeply through the nose down into the belly. Hold as long as comfortable, then switch legs.

