

# Yoga With True North (Ages 8-14)

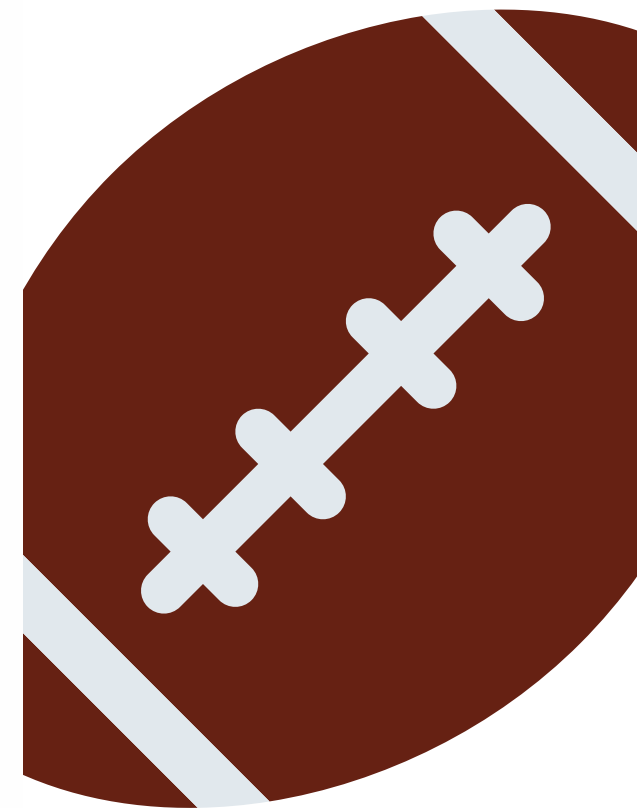
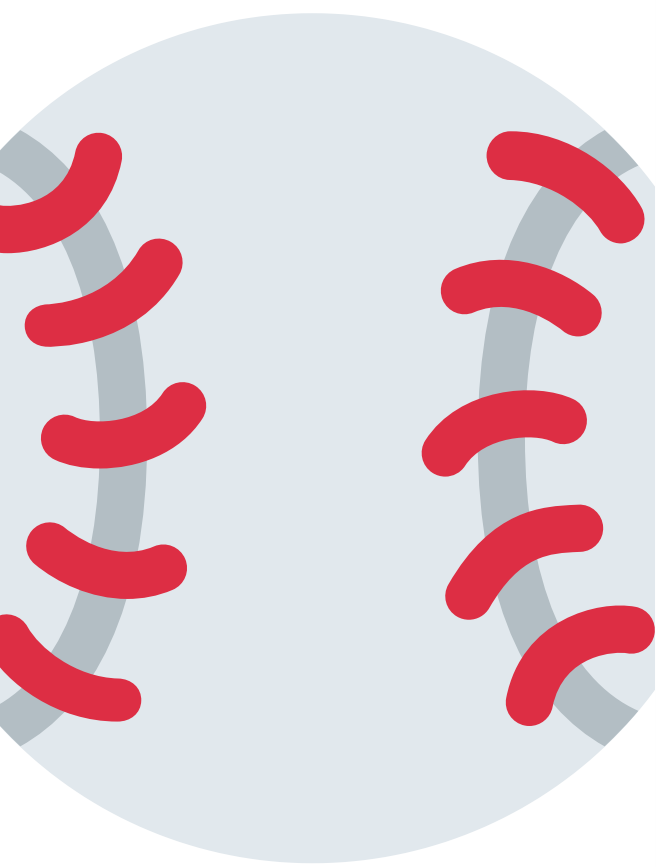
## Warm Up: Yoga Warm Up

**Description:** Perform these dynamic stretches until you feel warmed up

**Walking High Knees on the Spot:** One at a time bring your knees up until your leg and stomach creates a 90 degree angle. Unlike last week you should be doing this slowly similar to a march. Then add your arms by reaching straight up, reaching straight out (forwards) and extending each arm to the side. Each arm movement should be paired with a knee coming up.

**Over and Under the Laser:** Pretend there is an imaginary laser beside you at roughly waist height, start on one side of the "laser" and swing your legs over one at a time until your entire body is on the other side of the laser. Repeat for 30 seconds. Then duck under the laser by stepping to the side and squatting under. Repeat for 30 seconds.

**Arm Circles:** Start with big arm circles forwards (both arms) for about 20 seconds. Then have your palms facing up towards the sky and swing your arms backwards starting big then getting smaller and smaller for about 20 seconds. **Challenge:** Try swinging one arm forward and the other arm backwards, see how long you can do this for.



## Activity: JENGA Yoga

**Equipment:** A JENGA set or just write each yoga move on a piece of paper and pull from a bowl and a pencil.

**Description:** Use a pencil to write down a yoga move on each JENGA block. Setup the tower and play the game as normal. Every time a block is pulled each player has to perform that yoga pose. If the tower falls do 15 jumping jacks. For a list of yoga moves [click here!](#)



## Cool Down: Popcorn Push Up Challenge

**Equipment:** A bowl of popcorn or candy of your choice.

**Description:** Place a bowl of popcorn below your nose in the push-up position, on the way down try to grab a piece of popcorn with your mouth. I would recommend a different bowl of popcorn/candy per participant. With multiple participants I would play this game in a ladder format where each round is dedicated to a number of pieces (i.e. Round 1 = 1 piece of popcorn, Round 2 = 2 pieces of popcorn, etc). With 1 participant see how many pieces they are able to get within the same pushup set.

