

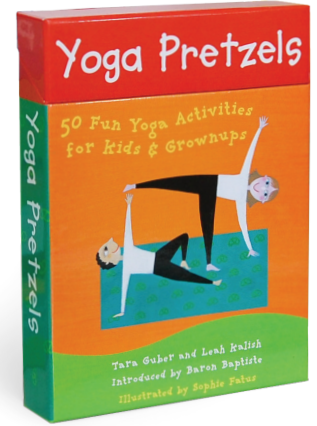


# Yoga Pretzels Mini Activity Pack



Yoga provides a wonderful way for children and adults to explore their bodies, hearts and minds.

Since its original publication in 2005, countless children in classrooms, therapeutic settings and their own homes have benefited from the yoga poses in our bestselling activity deck, *Yoga Pretzels*. We invite you to try these four activities (on the following pages) from *Yoga Pretzels*. Yoga is not about making the pose perfect; it's about enjoying the process. Remember — have fun!



## Yoga Pretzels

50 Fun Yoga Activities for Kids and Grownups

Written by Tara Guber and Leah Kalish  
Introduced by Baron Baptiste  
Illustrated by Sophie Fatus



## Yogi Tips

- Work on a clean floor — a carpet or wood with a mat is ideal, with enough space for you to stretch, move, play and relax.
- Wear comfy clothes that move with you when you bend and stretch.
- Wait at least an hour after eating to start yoga.
- Observe the illustrations closely and follow them as best you can for correct and safe physical alignment.
- Remember to do each pose on both sides. The cards show the poses on one side only.
- Yoga should feel good even when it's challenging, so don't force or strain. If you feel resistance or pain, stop immediately. Yoga is about loving and learning how to work with yourself.
- Move slowly in the poses while breathing fully and easily. Concentrate on the process, being mindful of how you feel and what is right for your body. Don't struggle. There's no competition or finish line.

### Medical Disclaimer:

All these poses are educational experiences and are not to be mistaken for long-term therapy or cure. Some people may find them too psychologically or physically challenging. We recommend that you consult a physician or trusted advisor if you have any doubt.

Illustrations © Sophie Fatus from *Yoga Pretzels*

# TWIST & STRETCH

These poses are wonderful for exercising and toning inside and out. Use them to unwind, let go of stress and tension and renew yourself. Take them slowly, one step at a time, breathing evenly, and discover how deep you can go!

## Dragon

Powerful • Alert • Fiery



1 “I am a powerful dragon.”

Stand on your knees, arms at your sides.



2 “I am alert and aligned.”

Lunge one foot forward, hands on thigh.



3 “I inhale and expand.”

Stretch forward and down; reach arms up.



4 “HA! I breathe out fire!”

Exhale with a big “HA!”  
Spread your fingers.



Try breathing fire often to cleanse and strengthen your lungs.

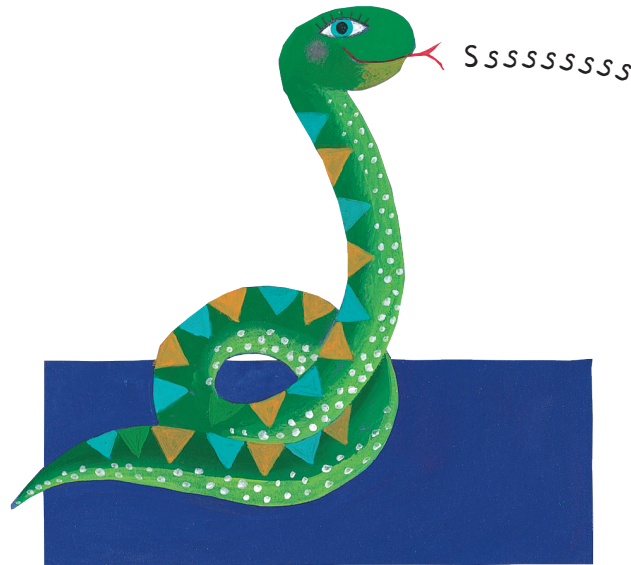
Why are dragons special? Why are you special?

# BREATHE

Breathing exercises help us to slow down, increase awareness and make non-reactive choices. These cards will help you to focus your mind and body. They can be used individually or as part of a longer routine.

## Snake Breath

Slow and Calm



When they are coiled and resting, snakes look around calmly, and when they are ready to move, they are slow and smooth.

Sit up tall. Take a deep breath in, filling up your whole body.

Pause and breathe out slowly and smoothly, making a hissing sound for as long as you can.

Repeat for three to five rounds, feeling yourself slow down and become calmer each time.

# FORWARD BEND

Forward bends help to calm you so that you can be peaceful inside. They stretch and strengthen your legs and help to open your spine and chest. They are a good warm-up for back bends, but can also be used anywhere in your practice.

## Gorilla

Flexible • Strong • Swinging



1 "I am a flexible gorilla."  
Squat with your knees open,  
hands on the ground.



2 "I am big and strong."  
Come up a bit and rest your  
elbows on your thighs.



3 "I swing and hang loose."  
Straighten your legs and  
swing to the right.



4 "My life is fun!"  
Now swing to the left.



Have fun acting like a gorilla. Be silly and make gorilla sounds.  
Enjoy how you feel after you've been swinging like a gorilla.

# BACK BEND

Back bends are great energizers. They complement forward bends and help you to open your heart and build trust in yourself. We recommend that you do back bends after you have warmed up.

## Shark

Sleek • Powerful • Determined

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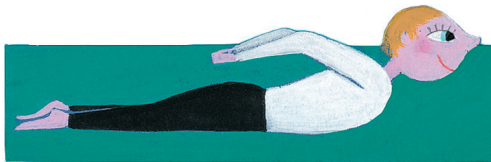
1 "I am long and sleek."  
Lie on your tummy.



2 "I am a strong swimmer."  
Clasp your hands behind your back.



3 "I am determined."  
Roll your shoulders back, lift your hands, feet and chest.



4 "I am a fierce shark!"  
Breathe, arch, lift and lengthen your whole body.



Sharks know what they want and go after it. Use this pose to develop your strength, focus and determination.

Do you have a fear you need to face?  
Circle it like a shark and scare it away!