

# YOGA FOR THE CLASSROOM

PRESENTER: Tina Kauffman

**UJJAYI BREATH:** A balanced and calming breath. Inhale and exhale through the nose. Narrow the airway as you would with a whisper. Length of breath is controlled by the diaphragm so sitting with a tall spine will allow for long, even inhales and exhales.

## TAKE A CHAIR YOGA BREAK:

- Sit with a tall spine and practice Ujjayi breathing. Close eyes and go inside.
- Backbend over chair back: Interlace hands behind head, bring elbows towards each other, lean back over chair back lifting elbows towards ceiling. Reverses forward bending posture.
- Interlace fingers, turn palms away, bring arms overhead. Twist right and left with the breath. Bring arms back down and reverse the interlace of the fingers, arms back up then side bend to the right and left with the breath. Twists and side-bending bring fresh blood back to the organs and calms the nervous system.
- Forward bend with forearm between knees. Twist, back hand to chair back. Opens the pectoral region, opens the breathing diaphragm.
- Forward hang: sitting deep in the chair seat, bend forward with head below the heart. Brings fresh blood to the brain.
- Neck release: sitting tall, hook right hand over head, first two fingers hook just above left ear. With a tall spine and neck, sidebend head to the right. Left arm remains heavy and at your side. Next, bring chin down towards right pectorals and then up towards the ceiling on a diagonal. Take several breaths in each position. Repeat other side. Releases tension in the neck and shoulders.
- Seated Cat ~ Cow: Sitting tall, hands on thighs, begin with an inhale as you bring the spine in and lift the head up, then exhale as you round the spine back and bring chin in towards the chest. Repeat several times with the breath. Releases tension in the spine and neck. Helps realign the spine for healthy posture.

## TAKE A STANDING YOGA BREAK:

- Rag doll twist. Soft knees, feet hip-width apart. Begin to twist the body and arms in a loose, free movement. Allow some space for this as the arms swing around.
- Mountain Pose ~ Volcano Pose ~ deep forward bend back up to Volcano Pose and Mountain Pose. Repeat several times. Gets the fuzz out as you stretch up and down.