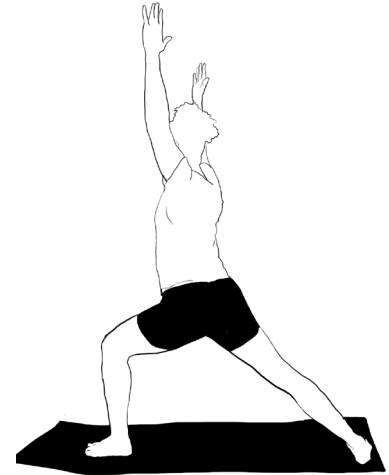
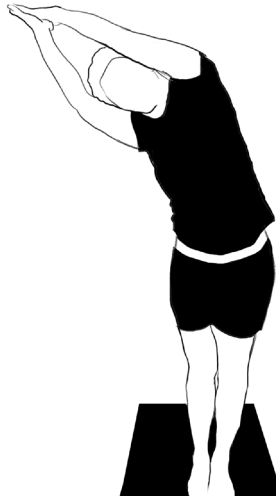


# YOGA POSES

Yoga uses movement and breathing techniques to connect the mind, body, and spirit. Originating in India, yoga has been practiced in different forms since ancient times. In this exercise, we will highlight three types of yoga by practicing simple poses you can do at home to improve your overall health and mood.

## MATERIALS

mat  
small pillow



## RESTORATIVE

**Supported Bridge Pose**  
*5 minutes*

Restorative Yoga is slow and creates deep relaxation through holding poses to heal the body. Pillows are often used for physical support.

Keep your pillow handy. Lay down on your back, bend your knees, and spread your feet a hip-width apart. Tuck your pillow under your lower back. Rest your arms by your sides with your palms facing down. Once you are comfortable in the pose, take deep breaths in through your nose and out through your mouth.

## KEMETIC

**Side Bending Pose**  
*1 minute on each side*

Kemetic Yoga focuses on deep breathing and meditation and incorporates Egyptian philosophies. "Kemetic" refers to Kemet, an ancient name for Egypt, which means "black land."

Stand with your feet together and hips facing forward. Raise your arms over your head until your palms meet. Take a deep breath in and, as you exhale, lean slowly to the left. Hold for one minute, then repeat this pose on the other side.

## ASHTANGA

**Warrior 1 Pose**  
*1 minute on each side*

Ashtanga is energetic and focuses on rhythmic breathing and precise movement to challenge the body and help strengthen the mind.

Stand with your feet hip-width apart. Inhale and carefully take a big step back with your left foot. Exhale, bend your right knee, and feel the stretch in your left leg behind you. Face your right foot forward and turn your left foot slightly to the left. Take a deep breath in, exhale, and raise your arms above your head until your palms touch. Hold for one minute, then repeat this pose on the other side.

**TIP: BEFORE OR AFTER YOU TRY THESE POSES, PRACTICE THIS MEDITATION ACTIVITY.**



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