

# Introduction to Yoga and Yoga Warm-Up

Designed for Choose Your Own Yoga Adventure!

by Sophia Levine

PhD Candidate, Dance Studies, UC Riverside



- Did you know that you can study dance at a university or become a doctor of Dance? Sophia, who designed this presentation, is doing that at UCR!
- Sophia also works for Gluck, a very cool program that brings the arts to your school. Gluck has invited Sophia to teach you a little bit about yoga.
- This presentation has two parts: an introduction to yoga and a yoga warm-up. Together, they prepare you for yoga adventures!

# Introduction to Yoga

- This Introduction to Yoga is the first part of the presentation.
- You will need to have a chair to sit in. If you are able to stand, clear some space to stand up in front of your computer.

# History of Yoga



This is an image of a map of India. Photo by [Gayatri Malhotra](#) on [Unsplash](#)

- Yoga comes from a country called India, which is located in Southern Asia.
- Today, Yoga is practiced in many different ways in many different places by many different people all over the world.

# What does the word Yoga mean?



Image of Sanskrit writing on a wall.

Photo by [Charl Folscher](#) on [Unsplash](#)



In the image above, a yoke puts two oxen together. A man stands behind them.

Photo by [Paul Jai](#) on [Unsplash](#)

- Yoga words come from Sanskrit, an Indian language that is thousands of years old.
- In Sanskrit, the word yoga means to yoke, or to put together.
- The Yoga that many people practice today puts together different movements of the body with different ways of breathing.

# Yoga Poses and Movements

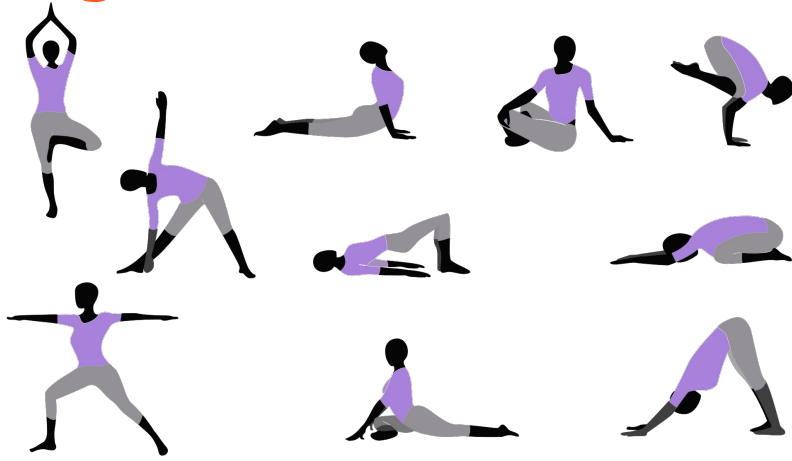


Image of Yoga Poses by j4p4n on <https://openclipart.org/>

- The positions that you make with your body are called asana.
- Say it out loud, ah-sah-nah.
- Every pose has its own Sanskrit name.

## Try out Mountain Pose!



Photo of person in Tadasana from [needpix.com](https://www.needpix.com)

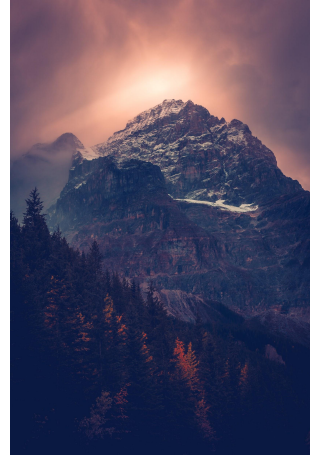
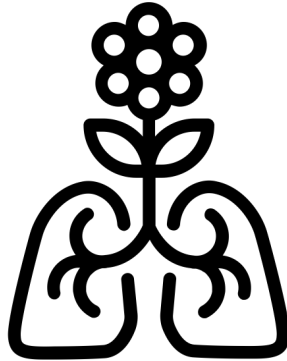


Photo of mountain by [Neil Rosenstech](https://www.unsplash.com) on [Unsplash](https://www.unsplash.com)

- This pose in the image on the left is called tadasana. Tadasana means mountain.
- Try it out: Stand or sit up tall with both of your feet on the ground. Open up your palms towards the screen.
- Imagine that you are on top of a mountain and say tadasana out loud: tah-dah-sah-nah!
- You can almost imagine our voices echoing in the mountains.
- Now sit on the edge of your chair with your torso reaching up towards the sky, and your feet wide and heavy on the ground like a mountain.
- Put your arms on your arm-rests or in your lap with your palms facing up.
- You are now in a seated mountain pose.

# Yoga Breathing

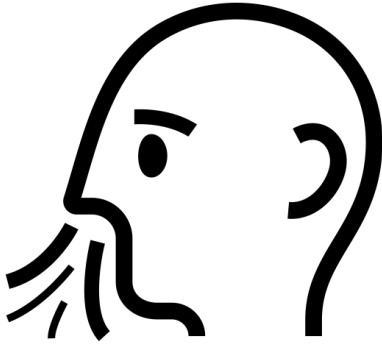


Created by Davide Benatti  
from Noun Project

Image of lungs with a flower growing from them.

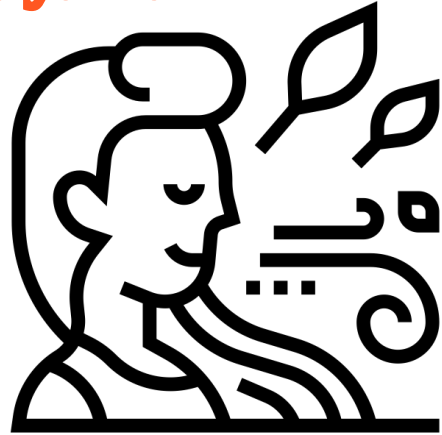
- Yoga breathing is called pranayama. Pranayama is Sanskrit for life force.
- Say pranayama out loud from your seated mountain pose, prah-nah-yah-mah.
- Notice that you exhale, or let some air out of your lungs, when you speak out loud.
- Yoga describes life as the many breaths between the first inhale we breathe in when we are born and our final exhale.

## Try out Pranayama!



Created by Marek Polakovic  
from Noun Project

Image of person breathing in through nose.



Created by Eucalyp  
from Noun Project

Image of person breathing out through mouth.

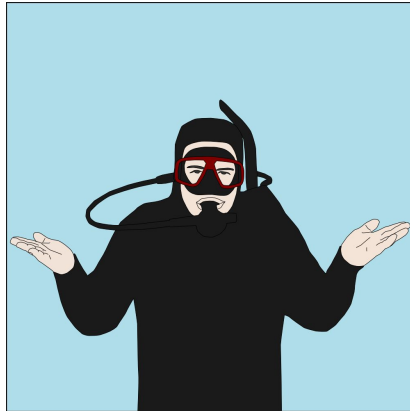
- We have to breathe to live and to do Yoga together, so let's try that now.
- Imagine that we are in the same place and breathing the same air.
- Breathe in through your nose (or your mouth), and feel your belly ribs and chest expand in all directions.
- Breathe out through your mouth making a shhhhhhh sound, and feel your belly button move towards your back.
- Take 10 more breaths like this.
- Good! Now, give yourself a pat on the back, because you just did some Yoga!



# Yoga Warm-Up

- This Yoga Warm-Up is the second part of the presentation.
- It will warm-up your body so that you can travel safely on your yoga adventures!

# Shoulder Shrugs

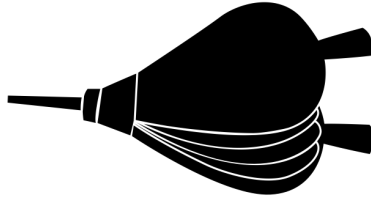


Peter Southwood, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

Image of a person in a scuba suit shrugging their arms and shoulders.

- In your seated mountain pose, breathe in, and shrug your shoulders up to your ears. You can put your arms in an “I don’t know” position if you like.
- Sigh as you breathe out, and put your hands and shoulders down.
- Take 10 shoulder shrugs like this.

# Bellows Breath



Created by Juliane Denogent  
from Noun Project

Image of bellows. To use a bellows, you squeeze the handles together to push air out. With bellows breath, you squeeze your hands and your elbows in towards your body and exhale.

- Take a big breath in and make the sides of your body as long as you can as you reach your fingertips up over your head towards the sky.
- Breathe out quickly through your mouth while you make fists and bend your elbows down at your sides.
- Repeat your bellows breath 10 times.

## Side Stretches



OpenClipart-Vectors ([pixabay.com](https://pixabay.com))

Image of person doing a side stretch.

- Stay in your seated mountain pose, or stand up with your feet as wide as your shoulders
- Take a deep inhale with your hands reaching up towards the sky.
- As you exhale, bend your torso to one side.
- Inhale, come back to the middle, and reach your hands up again.
- Exhale, bend to the other side.
- If you are standing, feel your feet on the floor. If you are sitting, feel your seat in the seat.
- Bend from one side and to the other 10 times.

## Seated Cat/Cow



Photo of flowers by [mark james](#) on [Unsplash](#)

- Return to seated mountain pose if you were standing.
- With your hands on your arm rests or in your lap, lean forward and inhale as if you were smelling the flowers.
- As you exhale, curve your back, slouching in your chair and looking towards your belly.
- This is called cat/cow because you curve your spine in one direction like a cat and then in the other like a cow.
- Try this ten times.

# Get Ready for Your Yoga Adventure!



Photo by [Josh Rangel](#) on [Unsplash](#)

Image of two hot air balloons hovering over mountains.

- Open your palms towards the ceiling.
- Close your eyes, and imagine that your head is a balloon and your spine is the string on the balloon.
- With each inhale imagine that your head is floating like a balloon to help your back grow longer.
- With each exhale, imagine that you are a tall mountain.
- Keep breathing as you feel your seat in your seat and your feet on the floor.
- When you are ready to open your eyes, you are ready for a yoga adventure!