



The Balanced Soul Project

Yoga in the Classroom



4 - 2 - 4 Breathing Technique

Lay the palms of your hands flat on your thighs. Sit up tall and breath in for 4 seconds, hold in your breath for 2 seconds, and then breath out for 4 seconds.

Chair Twist

Sit up straight and reach your left hand onto the back of your chair. Twist the top half of your body to the left and grab outside of your left thigh with your right hand. Hold for 10 seconds and repeat on the other side.



Arm Stretch

Sit up tall and reach your arms towards the sky. Hold either one of your thumbs and hold for 10 seconds. Then, with your arms still raised, grab onto opposite elbows. Hold for 10 seconds

Sitting Forward Fold

Sit up tall and reach your arms up in the air. Then drop the top half of your body onto your legs and let your arms hang behind your calves. Hold for 10 seconds.



Forearm Stretch

Sit up tall and extend your left arm into the air. Bend your elbow and reach your arm behind your back, and try to grab your left hand with your right hand from below. Your hands do not have to touch. Hold for 5 seconds and repeat on the other side.

Finger Trace Breathing

Open up one of your hands. Using your other hand, bring your pointer finger to the outside of your pinky. Trace up four finger while breathing in, and then trace down while breathing out. Repeat on all fingers.

