

18.5.20 Home Learning - Partner Yoga Activities

Where would Batman be without Robin? What about Ant without Dec? And fish just needs chips. Some things can be better together. So, be a yoga hero, find a buddy – a brother or sister, your mum/dad or adult at home - and try out these poses.

You can try them out alone too, just look for the Flying Solo Tip! 😊

Activity 1



PARTNERED FORWARD BEND

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Shift so that you're facing each other about two leg lengths away from each other. Bend your upper body and reach your arms to rest on your partner's shoulders. Your heads should be almost touching, and your arms should be fully supported by your partner. Take a few deep breaths and relax into the pose, feeling the stretch in your lower back.

Flying solo: Press your hands **against a wall**. Don't lock out your elbows!

Activity 2



PARTNERED SEATED CAT POSE

Sit comfortably cross-legged, facing each other, with your knees almost touching. Lift your arms and gently grab for your partner's biceps (the muscles above the elbow crease). Then tuck your chin in to your chest, round your back, and feel the stretch in your back using the resistance of your partner's arm hold. Take a few moments in this position and then relax out of the pose together.

Flying solo: Place **hands on knees** and use this support to ease into your back.

Activity 3



PARTNERED SEATED TWIST

Sit comfortably cross-legged, facing each other, an arm's length away from each other. Place your palms on your knees and ensure that your spine is tall and straight. Twist your torso to the right. Take your left hand to reach for your partner's right hand and wrap your right hand back behind you, reaching for your partner's left hand. Take a few moments in this pose, then switch sides and repeat the steps.

Flying solo: Twist **hand to opposite knee** and support yourself with **other hand on floor behind you**.

Activity 4



PARTNERED EASY POSE A (WITH MUM/DAD/YOUR ADULT AT HOME)

Get your adult to sit in a comfortable cross-legged position. (maybe on a cushion or bolster and place books under knees.) Once they are comfortable in Easy Pose, you can sit on the adult's lap. Take a few deep breaths together. Close your eyes and pretend to be clouds floating through the sky. This is a great position to introduce a family meditation practice.

PARTNERED EASY POSE B (WITH YOUR BROTHER/SISTER)

Copy what you see in the picture for this activity.

Flying solo: practise your easy pose with a **wall** behind you.

Activity 5



PARTNERED LEGS UP THE WALL POSE

Lie flat on your back then slowly raise your legs straight up toward the sky, making an L shape with your body. Wiggle so that your bums are touching and your legs are both parallel. Keeping your legs together, flex your feet. Spread your arms out to either side and keep your neck in a neutral position. Close your eyes, if that's comfortable. Take a few moments to rest in this resting position.

Flying solo: use a **wall!** Make sure your bum touches the wall.