



open up

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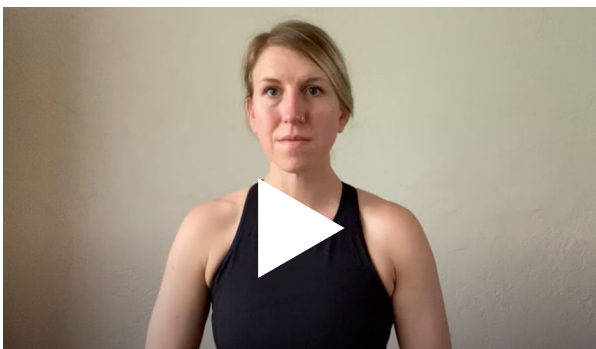
# 30 DAYS OF YOGA FOR BEGINNERS

Includes links to mindfulness and movement videos

# WELCOME, YOGIS

**This series of yoga videos is great for beginners as well as anyone looking for gentle movement.** We have structured each week so that you can ease into learning about your body as well as yoga as a practice and add to your yogi tool kit each week.

You will learn about poses, movement, and how to breathe. Yoga looks different for everyone and we value mindfulness and movement that is thoughtful and accessible. Each week also offers a breath practice or mindfulness piece. This series is for yogis of all abilities and offers modifications for limited mobility.



*Click for a welcome message from our co-founder, Megan*

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*a practice a day*

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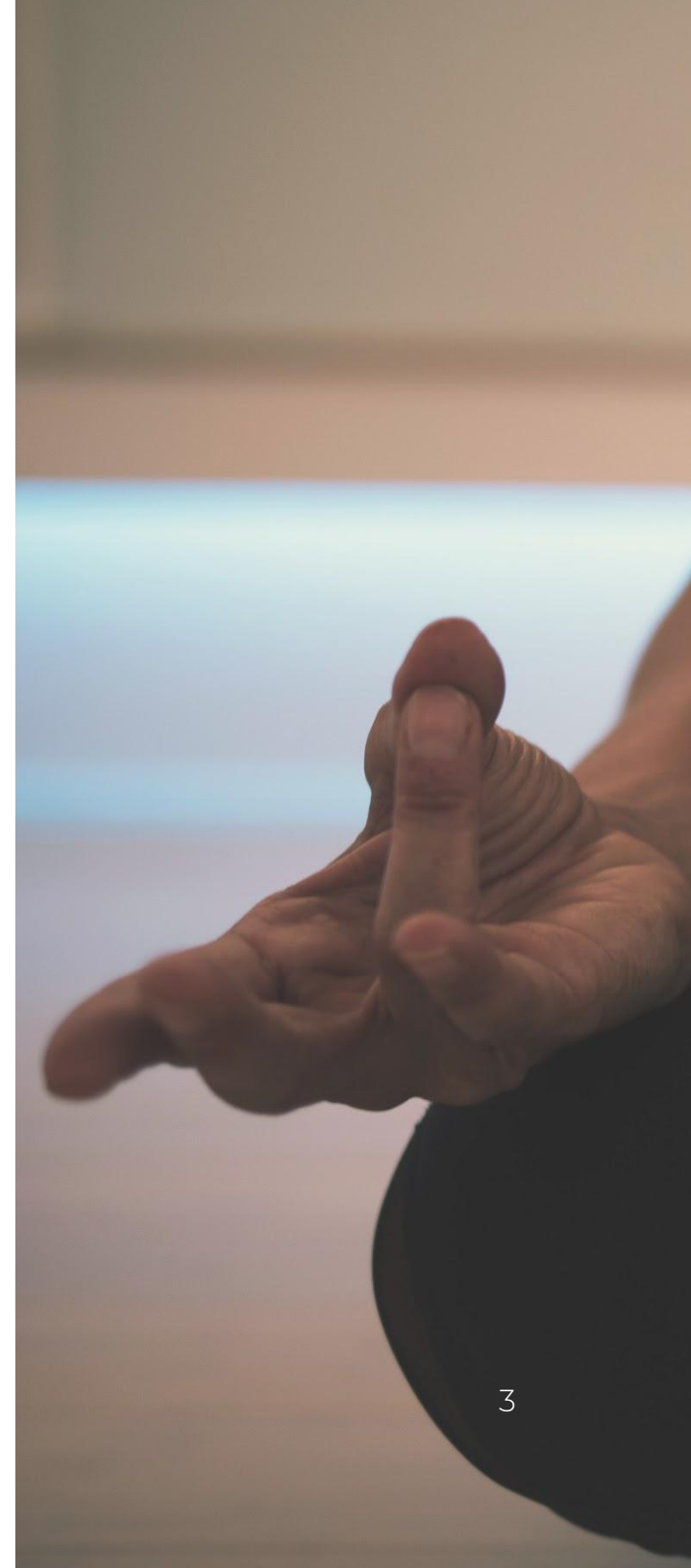
**Monday**

[Gentle Wake Up Exercises](#)

Floor Practice | All Ages

6 Minute

*Hint: Click the title under each day of the week and you'll be linked to the corresponding YouTube video.*



# SPECIAL TIPS

## *for practicing at home*

### **Flexible Practice**

It can be hard to find time to practice when our schedules are constantly changing. We've made it simple by offering one video for each week day!

### **No Mat, No Worries**

If you don't have a yoga mat, that's OK! Try practicing on a rug or other non-slippery surface. You may want to take off your socks!

### **Wear Headphones**

Sometimes background noise at home can be a little distracting. Try wearing headphones to help focus.

### **Practice with the Family**

If they're available during your practice time, invite family members and caregivers to join in.

### **Click the Title Links**

Click the title under each day of the week and you'll be linked to the corresponding YouTube video.

### **Have Fun**





















Most importantly, have fun! And remember, listen to your body.



# 30 DAYS OF YOGA

*Welcome to your virtual movement and mindfulness practice*

The following pages include a schedule of videos for 5 days a week.

Week	Day 1	Day 2	Day 3	Day 4	Day 5
<b><u>1</u></b>					
<b><u>2</u></b>					
<b><u>3</u></b>					
<b><u>4</u></b>					

# WEEK 1

## Day 1

### [Head to Toe Stretch](#)

Chair Practice | All Ages

12 Minute

## Day 2

### [Legs & Arms](#)

Floor Practice | All Ages

8 Minutes

## Day 3

### [Wall Yoga](#)

Floor Practice | All Ages

10 Minutes

## Day 4

### [Basic Yoga Postures & Flow](#)

All Ages | 9 Minute

## Day 5

### [Three-Part Breath](#)

All Ages | 7 Minute



*Hint: Click the title under each day of the week and you'll be linked to the corresponding YouTube video.*



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# WEEK 2

## Day 1

### Make a Move

Energetic Yoga | All Ages

5 Minute

## Day 2

### Warrior 1

Teen and Adult | 15 Minute

## Day 3

### Ankle Mobility in a Chair

Teen and Adult | 10 Minute

## Day 4

### Tree Pose

Wall Standing | All Ages

6 Minutes

## Day 5

### Ocean Breath

Seated Mindfulness | All Ages

7 Minute



# WEEK 3

## Day 1

### Seated Sun Salutations + Seated Stretches

All Ages | 20 Minutes

## Day 2

### Twists | Chair Practice

Teen and Adult | 10 Minute

## Day 3

### Bridge Play

Floor | Partner Yoga | All Ages

6 Minutes

## Day 4

### Cool Down Stretching

Teen and Adult | 13 Minute

## Day 5

### Full Body Breathing

All Ages | 6 Minute





# WEEK 4

## Day 1

### Basic Yoga Postures & Flow

Teen and Adult | 15 Minute

## Day 2

### Hips | Lower Body Chair

#### Practice

Teen and Adult | 14 Minute

## Day 3

### Cool Down Stretch

Hip Focus | Adult | 10 Minute

## Day 4

### Restorative Yoga

All Ages | 13 Minutes

## Day 5

### Mindfulness

Teen and Adult | 17 Minute



# OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

## COMMUNITY CLASSES

Popping up in accessible spaces to provide inclusive programming with unique opportunities to reimagine a joyful and connected practice.

## RYT 200 TEACHER TRAINING

Ability-inclusive credentialing program designed to center people living with disabilities.  
Yoga Alliance approved.

## YOGA IN SCHOOLS

(PreK-12) Building self-awareness and self-regulation through fun movement and mindfulness exercises that are tailored to fit the needs of each classroom.

## SOCIAL MINDFULNESS

Building interpersonal awareness through self-reflection and improvisational theater games in group settings or professional development workshops.



**We'd love to see you again soon!** We are constantly creating new content related to mindfulness and movement. Please visit [our website](#) frequently for new movement books.

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Have a **virtual class idea** for your community or social group?

Please contact us to share your suggestion.

[info@openuppittsburgh.com](mailto:info@openuppittsburgh.com) | [www.openuppittsburgh.com](http://www.openuppittsburgh.com)

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**Special thanks** to our partners at Sign Language Interpreting Professionals (SLIP) for their assistance with closed captioning.

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