



open up

4 WEEKS OF NATURE-THEMED YOGA

Includes links to mindfulness and movement videos
in partnership with *Pittsburgh Parks Conservancy and Venture Outdoors*

WELCOME, YOGIS

As Allegheny county enters the “green” phase of our COVID-19 protocol, we realize that going out in public still isn’t ideal for everyone. We’re here to bridge the gap with virtual mindfulness and meditation. Practice in the safety of your own home or outside in a socially-distanced manner.

This series of nature-themed yoga videos is great for beginners as well as anyone looking to move. 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.

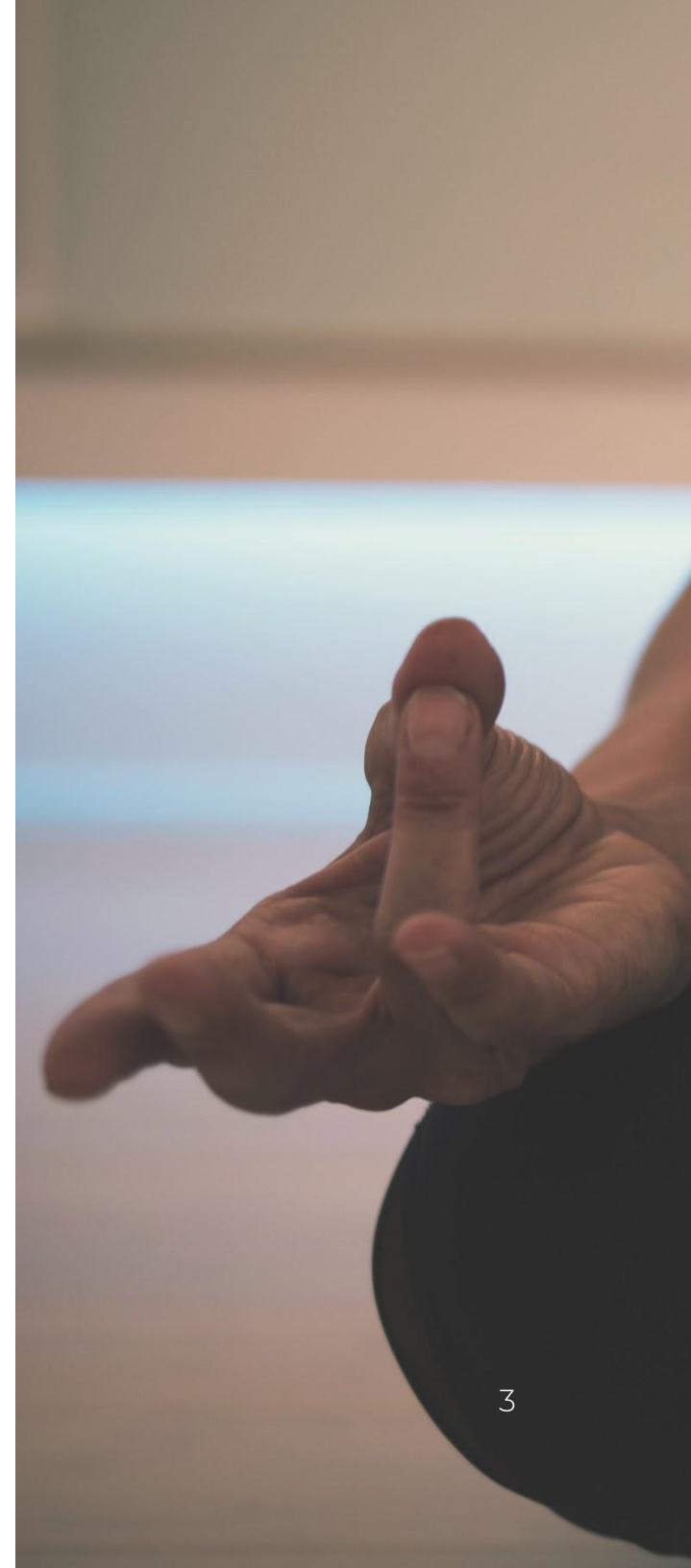
Special thanks to *Pittsburgh Parks Conservancy* and *Venture Outdoors* for their partnership with this 4-week series.



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a practice a day

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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.

WEEK 1

Day 1

[Blowing Bubble Breath](#)

Ages 2 - 12 | 6 Minute

Day 2

[Nature Meditation](#)

ASL | Seated Mindfulness

All Ages | 8 Minutes

Day 3

[Garden Yoga](#)

Adults | Standing | 5 Minute

Day 4

[Pose Study: Boat Pose](#)

All Ages | 6 Minute

Day 5

[Rainy Day Meditation](#)

ASL | Seated Mindfulness

All Ages | 7 Minutes



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

WEEK 2

Day 1

Dandelion Breath

All Ages | 5 Minute

Day 2

Flow with Nature

ASL | Ages 2 - 12 | 10 Minute

Day 3

Flower Blooming

ASL | Gentle Movement

All Ages | 6 Minute

Day 4

Bridge Play

Floor | Partner Yoga | All Ages

6 Minutes

Day 5

Lotus Flower Mindfulness

All Ages | 4 Minute

WEEK 3

Day 1

The Ocean

ASL | Fun Gentle Movement

Ages 2 - 7 | 6 Minute

Day 2

Weather Poses

ASL | Floor Yoga | Ages 2 - 12

4 Minute

Day 3

Mindfulness with a Plant

ASL | All Ages | 5 Minute

Day 4

Tree Pose

ASL | Wall Standing | All Ages

6 Minute

Day 5

River Flow

ASL | Seated Mindfulness

Ages 2-12 | 8 Minutes

WEEK 4

Day 1

Ocean Breath

ASL | Seated Mindfulness

All Ages | 7 Minute

Day 2

Flower Poses

All Ages | 9 minute

Day 3

Garden Yoga

Adults | Stand to Seated

7 Minute

Day 4

Bike Trail

All Ages | 10 Minute

Day 5

Stone Meditation

ASL | Seated Mindfulness

All Ages | 6 Minute

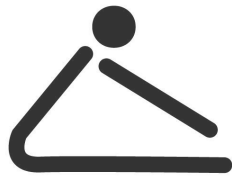
Print me!

YOGA SCAVENGER HUNT

Get outside! Simultaneously search for Pittsburgh icons and practice these yoga poses.
Share your photos with us on Instagram by tagging **#OpenUpPittsburgh**.

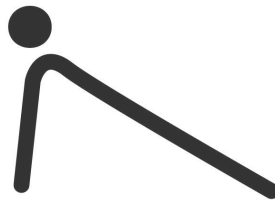
River Pose

Try near one of our three rivers



Inclined Plane Pose

Practice within sight of an Incline



Eagle Pose

Attempt in front of the National Aviary



Buddha Squat

Practice in a baseball field (mimicking a catcher)



Bridge Pose

Try this near a bridge



Create Your Own

Make your own yoga pose to represent a Pittsburgh icon



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.

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

Please contact us to share your suggestion.

info@openuppittsburgh.com | www.openuppittsburgh.com

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

www.slipasl.com | 412.400.2021 x1002



