



open up

**PIONEER EDUCATION CENTER
DIGITAL BOOK: VOL. 1**

4 Weeks of Yoga: Includes links to mindfulness and movement videos



WELCOME, YOGIS

This series of yoga videos is great for beginners as well as anyone looking for movement. 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.

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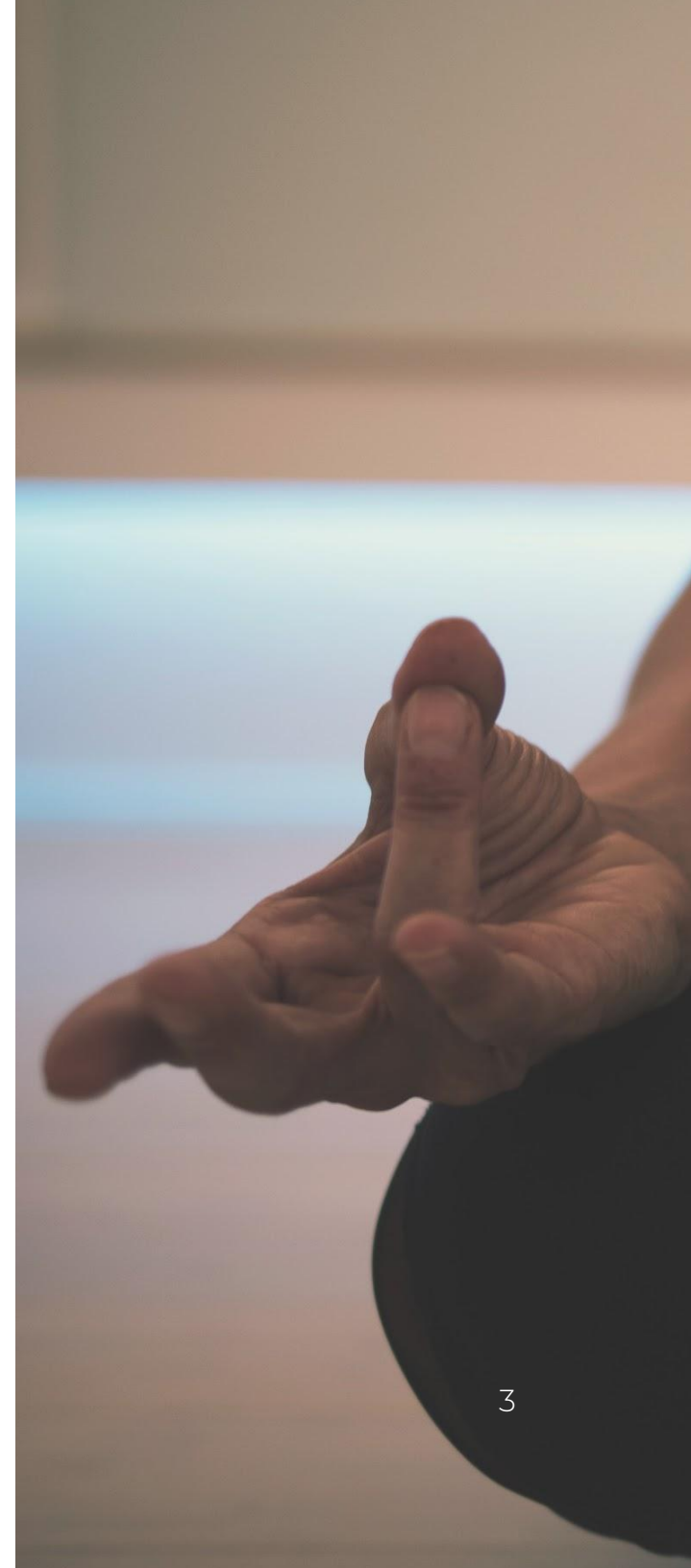
Monday

[**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.



4 WEEKS OF YOGA

Welcome to your virtual movement and mindfulness practice

The following pages include a schedule of videos — 3 each week.

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

WEEK 1

Day 1

[Colorful Breath](#)

All Ages | 12 minute



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

Day 2

[Active Break](#)

Ages 2 - 12 | 5 Minute

Day 3

[Chair Yoga | Sun A](#)

All Ages & Adults | 14 Minute



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WEEK 2

Day 1

Seated Sun Salutations + Seated Stretches

All Ages | 20 Minutes

Day 2

Ocean Breath | Seated Mindfulness

All Ages | 7 Minute

Day 3

Three-Part Breath

All Ages | 7 Minute



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WEEK 3

Day 1

Reclined Stretch & Relaxation

Teen and Adult | 14 Minute

Day 2

Head to Toe Stretch

Teen and Adult | 9 Minute

Day 3

Full Body Breathing

All Ages | 6 Minute



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WEEK 4

Day 1

Breath of Fire

Floor Yoga | All Ages | 11 Minute

Day 2

Gentle Wake Up Exercises | Floor Practice

All Ages | 6 Minute

Day 3

Lion's Breath | Floor Yoga

Ages 2-12 | 10 Minute



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BONUS VIDEOS

[Yoga Pose Study | Floor Practice](#)

All ages | 19 Minute



[Calm Down | Floor Practice](#)

Ages 2 - 12 | 5 Minute

*If you have some extra time,
try these bonus videos!*



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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.

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

www.slipasl.com | 412.400.2021 x1002





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