



My nature connection

NATURE YOGA

GRADES: K-12
TIME: 20 MIN.

WHY TRY YOGA?

Our bodies are where we hold all of our experiences. They are where we hold our dreams, stories, and passions, so it is critical to take care of them. Nature yoga is a great way to move, stretch, and release stress from your body.

LEARNING ABOUT STRESS

Stress is a feeling of tension that can come from anxiety, frustration, or even just sitting in one place for a long period of time. We often hold this tension in our hips, neck, jaw, and many other places. Take a moment and reflect on yourself. Where do you feel like you hold the most stress?

Stretching out those areas through practicing yoga helps us feel calm and relaxed. It is also a great way to improve balance and focus. Follow these steps as you move through the poses below:

SETTING

A comfortable and quiet place with some room to move.

NO MATERIALS ARE
NEEDED FOR THIS
ACTIVITY.

BE PRESENT

A great way to practice this is to focus on your breathing or let your creative mind become the thing in nature that you are posing as.

1. Hold each pose for as long as you feel comfortable. Start with three seconds and grow from there. The more you practice, the stronger your body will get and the longer you'll be able to hold each pose!
2. Make sure to stretch both sides of your body. For example, when you practice Tree, try it on both your left and right foot.



NATURE YOGA POSES

Cloud pose is a great way to relax.

Try to be in the present moment and focus on your breathing. Let any other thoughts drift out of your mind.

RESTING:
CLOUD



LION'S
BREATH



We hold a lot of stress in our jaws. Take a deep breath in and fill up with air. When you exhale, open your mouth wide, stretch your jaw and roar like a lion. Do this 3-4 times.

TREE



BIGHORN
SHEEP



OCEAN
SURFER



These poses can improve balance and focus.

FISH



PUPPY



CAT



CRAB



These poses can help release the stress that we hold in our hips and back.

CONNECTING WITH QUESTIONS

- How do you stay focused on being present when your mind wanders away from your yoga practice?
- In what ways do your mind and body feel different after practicing nature yoga?

ADDITIONAL RESOURCES

Follow along to this audio reading of "Rachel's Day in the Garden" and practice yoga while hearing a short story.



SURVEY FEEDBACK

Please help us by sharing your feedback:
campfiremn.org/mynatureconnection

