

# Summer Olympics Yoga Cards



## Archery Pose

### Warrior II Pose "Virabhadrasana II"



**Benefits:** strengthens and stretches legs and core, stretches chest and shoulders, relieves backache

1. Stand with your feet close together.
2. Take a big step backwards with your right leg.
3. Turn your left foot to point it forward, and turn your right foot out, pointing away from your body.
4. Raise your arms up by your sides, parallel to the floor and your legs.
5. Exhale, and bend your left knee to form a 90-degree angle, keeping your right leg straight.
6. Keep your torso tall, turn your head and look out over your left fingertips.
7. Repeat on opposite side.

# Sailing Pose

## Triangle Pose “Trikonasana”



**Benefits:** stretches and strengthens legs, chest, and spine, relieves stress, improves digestion

1. Stand tall, with your legs close together and arms at your side. Exhale, and step feet wide apart.
2. Raise your arms parallel to the floor, palms down, extending through your shoulder blades.
3. Turn your right foot in slightly and your left foot out 90 degrees. Exhale and bend through your hips and rest your left hand on your shin or ankle. Stretch your right arm toward the ceiling.
4. Hold this pose, inhale and return to standing. Repeat on opposite side.

# Swimming Pose

## Warrior III Pose “Virabhadrasana III”



**Benefits:** strengthens ankles, legs, shoulders, and back, tones abdomen, improves balance and posture

1. Stand tall, with your legs close together and arms at your side.
2. Move your left leg forward into a lunging position.
3. Stretch your arms forward with your palms facing down, parallel to the floor and each other.
4. Straighten your left leg and lift your right leg straight up parallel to the floor.
5. Slowly begin moving your arms as if you were swimming.
6. Hold this pose, inhale and return to standing.
7. Repeat on opposite side.

# Gymnastics Pose

## Tree Pose "Vrksasana"



**Benefits:** improves balance, strengthens thighs, calves, and ankles, stretches legs and chest, develops concentration

1. Stand tall, with your legs close together and arms at your side.
2. Lift your right foot, turning your knee out.
3. Place your right foot below your left knee.
4. Press your hands together.
5. Raise arms overhead, and look up at your hands if possible.
6. Return hands to chest and lower your right leg.
7. Repeat with left leg.

# Weightlifting Pose

## Horse Pose "Vatayanasana"



**Benefits:** strengthens legs, develops focus and concentration, calming

1. Start in a wide-legged stance with heels a little wider than your hips.
2. Turn your toes out and start to bend the knees until they are above the toes.
3. Slowly reach up and down with arms as if you were lifting weights.

## Diving Pose

### Forward Bend "Uttanasana"



**Benefits:** calms the brain, helps relieve stress and anxiety, stimulates the liver and kidneys, stretches hamstrings and calves, strengthens thighs

1. Stand upright with your feet about six inches apart.
2. Keeping your legs completely straight, exhale and bend forward from the hips, moving your torso and head as one unit.
3. Hold this pose, inhale and lift your torso to stand up again.

## Equestrian Pose

### Downward Facing Dog "Adho Mukha Svanasana"

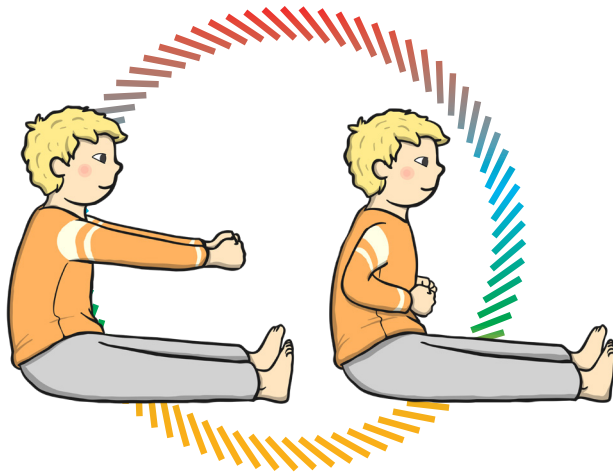


**Benefits:** calms the mind, relieves stress, energizes the body, strengthens arms, legs, and upper and lower body, relieves headaches, back pain, and fatigue

1. Begin on hands and knees.
2. Exhale, straighten knees and lift hips so you are in an upside down V.
3. Kick one leg back, as if you were a horse kicking.
4. Hold this position as you let your head hang down and breathe.
5. Repeat with the other leg.
6. Release by exhaling and bringing knees to the floor.

## Rowing Pose

### Seated Staff Pose "Dandasana"



**Benefits:** stretches and strengthens shoulders, upper back, chest, and abdomen, improves posture and alignment

1. Begin by sitting on the floor with your legs extended out in front of you.
2. Flex your feet and press through your heels, keeping your legs together.
3. Hold this pose, keeping your back straight.
4. Begin lifting your arms and moving them forward and back as if you are rowing a boat.

## Baseball Pose

### Chair Pose "Utkatasana"

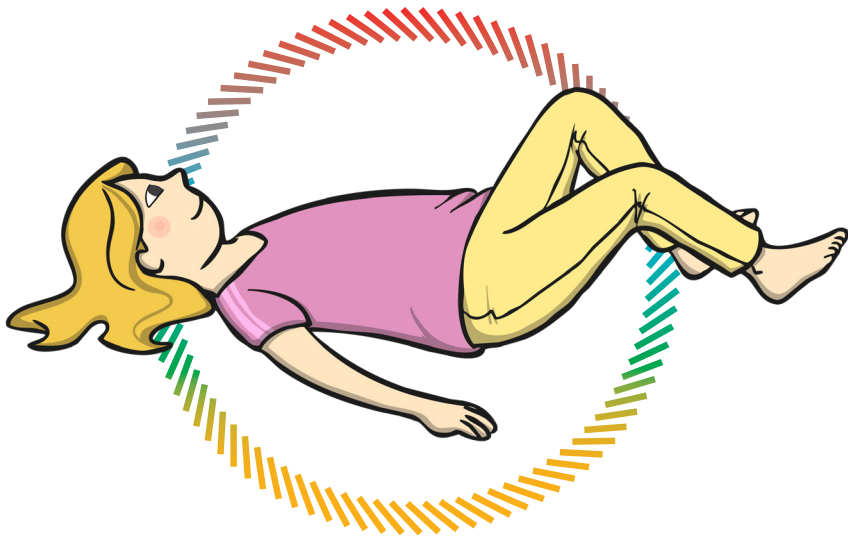


**Benefits:** improves balance, strengthens thighs, calves, and ankles, stretches legs and chest, develops concentration

1. Stand tall, with your legs close together and arms at your side.
2. Exhale and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling and bring them towards you as if you were holding a baseball bat.
4. Hold this pose and breathe.

# Cycling Pose

## Corpse Pose "Savasana"



**Benefits:** calms the body and mind, helps relieve stress, headaches, and fatigue

1. Lay down on your back with your arms next to your body and legs slightly apart.
2. Close your eyes; focus on deep breathing and relaxation.
3. Bring your legs up and begin moving them as if you were pedaling a bike.