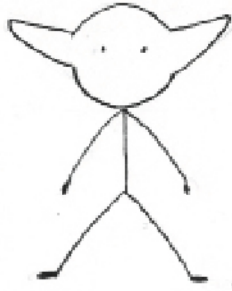


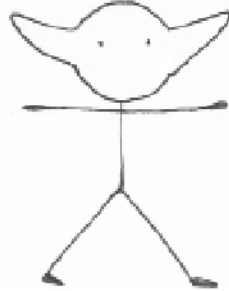
YOGA WITH YODA!

HOW TO DO WARRIOR 2 (VIRABHADRASANA)



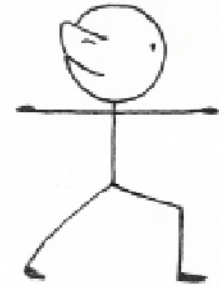
1. We'll start on the right side.

Step your feet about 3 1/2 - 4 feet apart.



2. Raise your arms parallel to the floor, palms down.

Turn your right leg and foot out from the hip 90 degrees.



3. Bend your knee 90 degrees.

Make sure your knee stays in line with the ankle. Don't let the knee fall inwards.

Send your gaze (called Drishti in Sanskrit) past the fingers of your right hand.

Take 5-8 long deep breaths. Inhale through your nose, exhale through your nose. Then do the other side!

"Concentrate, you must!"

WHAT IS YOGA?

Yoga is an ancient practice that does a lot more than just keep your body fit and flexible.

It helps you concentrate better in all areas of your life.

It gives you confidence to face any challenge.

It helps you stay calm, for example, when your little brother or sister makes you angry.

Can you think of a time Luke could have felt better by practicing Warrior 2 pose?

Turn your left foot in about 45 degrees. It'll feel slightly pigeon-toed.

Keep space between the ears and shoulders. To do this, lower your shoulder blades down your spine.

Imagine trying to lengthen your lower back by tucking your tailbone.



COLOR ME!

Yoda is doing an asana called Virabhadrasana II, in English called Warrior II. 'Asana' is a Sanskrit word for posture or pose.

WORD SEARCH

S Y T P O D H A P M
 V G I D T G N Z K B
 E R R H T A E R B W
 S E K D S C X R M C
 T N S A V Y O D A S
 R E N D R I S H T I
 E C A P R I A U E J
 T L S R O Z G F V P
 C O A E O S O H J E
 H W V S X M E A Y B

Find the words forwards, backwards, and diagonally!

- Asana
- Pose
- Yoda
- Sanskrit
- Breath
- Warrior
- Drishti
- Energy
- Concentrate
- Stretch