

Movement Techniques for Older Elementary

Reverse Warrior Pose

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Pre-Procedure Warrior II Pose

Procedure Reverse Warrior:

1. Starting in **Warrior II** inhale, then on an exhale and lift your body upwards while bending slightly backwards as you raise your right arm upwards and backwards above your face.
2. Keep your legs in the **Warrior II** pose position, but engage your right oblique muscles and pull in your abdominal muscles.
3. Take 3-5 deep breaths while holding this pose.
4. Exhale and come back into **Warrior II** pose.
5. Repeat on the left leg by reversing your feet position so that you are in **Warrior II** on the left side.
6. To come out of the pose, come back into **Warrior II** pose and then back into standing **Mountain** pose.

Extensions:

Reverse Warrior/Rising Moon: Connect to the past and lift your heart; consider your past actions and loving let them go as you bring awareness to the present moment of the pose.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body, but will also raise the heart rate.

Older Elementary: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. Students can place themselves in a circle and the Flow Series can be

practiced this way. If the Flow Series is done this way the Middle School Students will enjoy a community feel to their practice, and they will also be able to help lead the different poses in the Flow Series.

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Warrior III Pose

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Pre-Procedure Warrior I

Procedure Warrior III:

1. Start in **Warrior I** pose facing a wall or touching a chair, but make sure your left leg is forward first and you have space behind you.
2. Shift your weight onto the left leg and reach and extend your arms so that they touch the wall or the chair.
3. Keep your foot grounded into the floor and steady and strengthen the left leg without locking out your left knee.
4. Slowly lift up your right leg by contracting the quadriceps and stack your left hip bone over your left ankle.
5. Hips are square to the floor.
6. Using the wall or the chair to balance in this pose, make sure that you are extending out away from your right hip with your right leg and bring your body and arms parallel to the floor.
7. Take 3-5 deep breaths while holding the pose.
8. Repeat using the opposite leg.

Extensions:

Warrior III: This balancing, forward reaching pose allows students to make a connection with the future all the while doing it on one leg. This pose can be used to help students understand the necessity of a balanced look towards our future.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body, but will also raise the heart rate.

Older Elementary: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. Students can place themselves in a circle and the Flow Series can be practiced this way. If the Flow Series is done this way the Middle School Students will enjoy a community feel to their practice, and they will also be able to help lead the different poses in the Flow Series.