YOGA

Yoga is an ancient method that connects your mind and body through physical movements and breathing exercises simultaneously. There are many yoga poses you can try to help you relax and relieve stress. Yoga offers numerous health benefits, including increased flexibility, physical strength, self-control, and more. These are some of the reasons why yoga is becoming one of the preferred self-help strategies.

In this flyer, we will explore two beginner yoga poses. It is a good idea to start with these two and progress to more advanced poses after mastering the simpler ones.

Caution: If you have any bodily injuries or feel discomfort during these exercises, STOP and consult a certified yoga instructor to learn how you can modify these yoga positions.

The following yoga instructions are provided by the CIGNA organization. (Puppy Pose & Cat-Cow Pose).

PUPPY POSE

Watch the videos of this yoga technique here:

For Youth ▶ For Adults ▶

Difficulty Level: Easy

1. Begin by placing your hands and knees on a mat or carpet. Align your body so that your shoulders are directly over your wrists and your hips align with your knees. Inhale deeply and slowly.
2. Exhale and move your hands a few inches forward and lower your hips toward your heels, just halfway. Your arms should press forward, and only your hands should touch the floor.
3. Next, lower your forehead to the mat or carpet and relax your neck. Press your hands down and forward on the floor. Feel your arms stretch. At the same time, move your hips back towards your heels. By moving your arms and hips in opposite directions, you can stretch your spine well. In this position, breathe normally and feel the stretch in your spine. Hold this pose for 30 seconds to one minute.
4. Rest your hips on your heels and relax.

CAT-COW POSE

Watch the videos of this yoga technique here:

For Youth ▶ For Adults ▶

Difficulty Level: Easy

1. Begin by placing your hands and knees on a mat or carpet, with your body aligned so that your shoulders are directly over your wrists and your hips align with your knees. Your back should be straight, and your neck should extend straight from your spine. Look down at the floor.
2. The next time you exhale, arch your spine and pelvis upwards, like a cat. Without moving your knees and shoulders, tilt your head towards the floor. Try not to touch your chest with your chin.
3. As you inhale, arch your back and lift your chest and pelvis (the ischial bones are the bones of your buttocks that you can feel when you sit on a hard chair) upwards. As you do this, your abdomen will naturally move towards the floor. Lift your head, looking straight ahead (not looking up). Repeat the sequence 10 to 20 times. Make sure to perform the movements as you inhale and exhale.

There are many yoga poses you can learn at your own pace. You can find them online or in resources found at public libraries. Some cities even offer free or low-cost classes to the community to promote public health.

You can watch more yoga videos here:

Youth	Adults
▶	▶

If you are interested in learning more about different self-help coping strategies, visit Unaccompanied Children Resource Center page: ucresourcecenter.org.