

# YOGA CALM MAT 20

This comprehensive flow is designed for a PE class, counseling session, or classroom where there is room for yoga mats. It promotes fitness, flexibility, strength, and balance. The middle portion of the flow, from Mountain to second Mountain, is based on yoga's traditional Sun Salutation and can be led by students and performed several times in a row. According to the Centers for Disease Control and Prevention and the American College of Sports Medicine, small bouts of activity, even 10 minutes at a time, count toward daily physical education standards.



Belly Breathing



Pulse Count



Leg Stretch



Rock and Roll



Boat



Volcano Breath



Mountain



Upward Mountain



Forward Bend



Bent Knee Lunge (right leg back)



Downward Dog

# YOGA CALM MAT 20 (CONTINUED)



Plank



Cobra



Downward Dog



Bent Knee Lunge (right leg forward)



Forward Bend



Chair



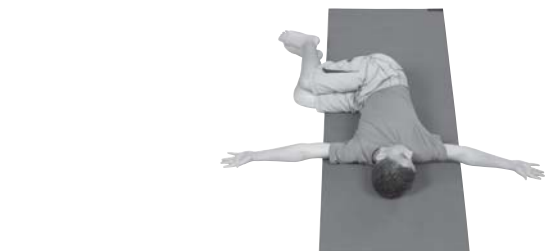
Upward Mountain



Mountain



Tree



Twist



Relaxation

