

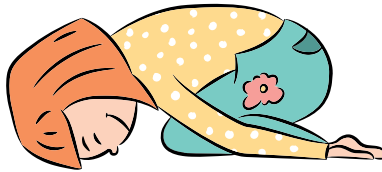
Yoga for Energy or Calm

1. Circle **(in green)** the poses that help someone to feel calm.
2. Circle **(in orange)** the poses that are energizing.
3. Sequence the poses by putting a number next to each one that you would like to offer someone else. (Choose at least five poses.)
4. Guide your partner in each of the poses, showing them how to do it. Remember to ask your partner to breathe as they hold the pose, and to have fun with this!

Boat Pose



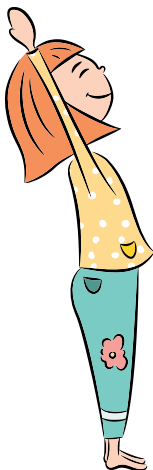
Child's Pose



Warrior II Pose



Mountain Pose



Warrior 1 Pose



Corpse Pose (Savasana)



Name _____

Date _____

Yoga for Energy or Calm

Camel Pose



Tree Pose



Chair Pose



Cat Pose



After moving through your partner's yoga sequence, how do you feel? What do you notice? Write your observations below.
