



Yoga Cards

*Special
Olympics*
New Jersey



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New Jersey



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

Easy Pose

Inhale through nose & fill up belly like a balloon, exhale through nose & squeeze belly in.

Optional:

- Making the Sun: Inhale reaching arms to sun/Exhale reaching arms to earth
- Lateral bends on exhales to each side – optional arm circles
- Twists to each side with arm movements
- Re-cross legs for body circles



Featuring Special Olympics New Jersey athlete, Ariel

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Cobbler

1. Slow Butterflies
(inhale knees up, exhale knees down)
2. Faster butterflies
3. Forward Fold
4. Deep breathing while holding



Featuring Special Olympics New Jersey athlete, Joseph

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Animal Stretch

1. Cradle leg and rock at the hip, then take leg behind for animal stretch
2. Fingers on each side of front knee
Optional: Cat rolls
3. Forward fold with deep breathing while holding
4. Do opposite side



Featuring Special Olympics New Jersey athlete, Faryl

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Half Forward Fold

1. Bring right leg into left thigh, extend left leg, inhale arms to sky & exhale fold to leg
2. Deep breathing while holding pose
3. Do opposite side



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Seated Forward Fold

1. Extend both legs out in front & flex feet. Inhale reach up to sky, exhale fold to legs
2. Deep breathing while holding pose

Optional: Repeat twice



Featuring Special Olympics New Jersey athlete, Kelsey

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Table

On hands & knees like a table, line up arms and legs straight

Optional:

Body circles clockwise several rounds and then counter-clockwise



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Cat Rolls

1. From table pose inhale take head & tailbone up to sky arching back, exhale drop head and tailbone down looking at belly button

2. Repeat several times

1



2



Featuring Special Olympics New Jersey athlete, Becky

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Child's Pose

From table take knees to edge of mat, bring toes together and sit back on your heels. Bring head to floor, reach arms forward and take big breath out, then continue with deep breaths

Optional:

Walk to right and then to left for a few breaths each side



Featuring Special Olympics New Jersey athlete, Shitanshu

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Extended Leg

1. From table take right leg back, lift up and extend to right side. Line up foot with left knee

Optional: Cat rolls

2. Repeat on other side

1



2



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Downward Dog

1. From table tuck toes under, spread fingers and push hips back to heels. On inhale raise hips to sky, on exhale, drop head and look at belly button. Push into floor
2. Deep breathing
3. Take Child's pose after



Featuring Special Olympics New Jersey athlete, Kelsey

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Sphinx

1. From table bring chest to floor and walk legs back. Bring elbows under shoulders and push into floor with arms & legs

2. Deep breathing

Optional: Neck movements side to side



Featuring Special Olympics New Jersey athlete, Faryl

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Crocodile

1. Place arms in front stacked one on top of other and rest head down. Take a deep breath out and relax every muscle in the body.

2. Deep breathing



Featuring Special Olympics New Jersey athlete, Jessica

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Low Cobra

1. Place hands under shoulders and lift with back
2. Deep breathing
3. Can release to Crocodile and do a second time

Optional: Move like a snake



Featuring Special Olympics New Jersey Unified Yoga Instructor, Tracey

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Half Locust

1. Place hands under legs or out front. Inhale raise right leg to sky and hold for 3 breaths. Release, then do left leg raise
2. Go into crocodile after both sides with a deep breath out



Featuring Special Olympics New Jersey athlete, Joe

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Superman/Supergirl

1. From belly reach arms out in front and legs back. Take a deep breath and lift both arms and legs off the mat

2. Deep breathing and flying like Superman!

3. Release to crocodile

Optional: Neck movements side to side

4. Take up to Child's pose to release the back



Featuring Special Olympics New Jersey athlete, Jessica

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Yoga Mudra

1. Sitting or kneeling on the knees (Hero Pose), inhale arms to sky, exhale reaching hands around back interlacing fingers. Pull shoulders back and look up to sky opening your heart
2. Deep breathing
3. To release inhale hands to sky & exhale to heart center



Featuring Special Olympics New Jersey athlete, Kelsey

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Eagle Arms/Hug

1. Sitting or kneeling on the knees (Hero Pose), inhale arms to sky, exhale reaching right arm under left & give big hug

Optional: Bring hands together & raise elbows

2. Repeat with other side

1



2



Featuring Special Olympics New Jersey Unified partner, Rosy

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Making the Sun

1. From easy seated pose with hands at heart, inhale arms up to sky and exhale arms out sending out love. Repeat several times
2. Bring love in by inhaling out and up, exhaling bringing hands to heart



Featuring Special Olympics New Jersey athlete, Joseph

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Seated Pigeon

1. With legs straight circle ankles several times
2. Bring right foot up and cross over left thigh (Figure-4 Pose). Option to stay here or bend left knee & put foot on floor. Arms on floor behind
3. Repeat on other side
4. Deep breathing



Featuring Special Olympics New Jersey athlete, Shitanshu

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Seated Twist

1. From Figure-4 Pose (Seated Pigeon), cross right leg over left to floor & bring left arm around leg. Twist to right looking over right shoulder
2. Deep breathing
3. Repeat on other side



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Seated Straddle

1. Extend legs out to the sides

Optional:

- Flex feet
- Inhale arms to sky, exhale fold to right. Repeat on other side
- Arm circles
- Forward Bend

2. Deep breathing



Featuring Special Olympics New Jersey athlete, Faryl

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Bridge

Come onto back and walk feet up to hips. Push feet into floor & raise hips off floor. Tuck shoulders/ arms under body

Optional:

- Reach arms over head
- Repeat twice



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Knees-to-Chest

Bring both knees into chest and rock side to side

Optional:

- Circle knees both directions
- Lift head to knee (Cannon-ball)
- Bring one leg into chest at a time and bring other leg to floor. After 3-4 breaths, bring leg to sky pointing and flexing foot. Lower leg. Repeat on other side.



Featuring Special Olympics New Jersey athlete, Joe

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Inversion

1. Lying on back raise both legs up over head

Optional:

- Circle ankles around
- Put a pillow under buttocks to raise hips
- Rest legs against wall

2. Deep breathing



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Full Body Stretch

Lying on back raise arms over head and stretch them back and stretch legs forward with a big, full body stretch

Optional: Banana stretch by walking hands and feet to one side while laying flat on floor. Take deep breaths. Repeat on other side



Featuring Special Olympics New Jersey athlete, Marti

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Final Relaxation

1. Lay down on back and relax
2. Stay in this relaxed position for 3-5 minutes
3. Scan your body from the toes to the head, relaxing each part of your body as you imagine it



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Sleeping Child

1. Pull knees to chest and roll to right in sleeping child
2. Move up to seated pose



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Optional: Mountain

Standing at top of mat – nice and tall. Press feet into the floor and lift the head up. Arms at sides of body

Optional: Making the Sun – Inhale reaching arms to sun/Exhale reaching arms to earth



Featuring Special Olympics New Jersey athlete, Kelsey

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Optional: Chair

From Mountain, take a deep breath, bend the knees and sit back like you are sitting in a chair. Arms reach overhead. Hold for 5-6 deep breaths

Optional: Hands can be at heart in prayer



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Optional: Warrior I

From Mountain, step right foot back. Put hands on hips and make sure they point straight ahead. Bend front knee and raise arms overhead. Hold for 5-6 deep breaths. Step back to Mountain and repeat on other side



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Optional: Tree

From Mountain, turn right knee out and place right foot on left ankle, balancing on toes. If you can, lift foot up on leg. Hold for 5-6 deep breaths. Release and repeat on other leg

Optional: Arm raised or at heart



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Optional: 5-Pointed Star

1. Step to the side and widen your legs and stretch out your arms. Look at feet and make sure they are both pointing to side of mat

2. Shine like a star!



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Optional: Warrior II

From 5-Pointed star, turn (right or left) foot to face forward, bending that knee. Turn head to look to appropriate side. Release to 5-Pointed star and repeat on other side



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Optional: Standing Straddle

1. From 5-Pointed Star, bend at hips and reach arms towards floor or hold onto ankles. Let head drop. Hold for 5-6 breaths

2. Come up, place hands on back, pull in belly, and lift up slowly

Optional: Hands in yoga mudra



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