



GREEK MINISTRY OF EDUCATION  
AND RELIGIOUS AFFAIRS  
REGIONAL DIRECTORATE OF PRIMARY  
AND SECONDARY EDUCATION  
OF WESTERN MACEDONIA



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# YOGA

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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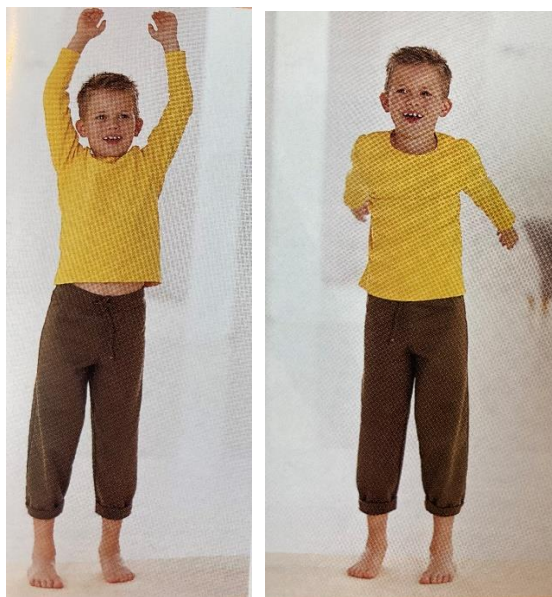
## A SET OF EXERCISES THAT SUPPORT CONCENTRATION AND THUS LEARNING.

### How the exercises work?

Thanks to these positions, large groups of muscles are relaxed, blood flow to the brain improves, and the exercises have a harmonizing effect on the vegetative nervous system. This can help break down stress and mental barriers. The final exercise "swing on the back" is energizing and especially helpful immediately before the lesson.

### 1. EXHALE "HA"

Stand up straight. With an inhale, bring both arms up and with a "ha" let them fall down again by exhaling deeply from the belly.



### 2. STAND WITH YOUR HEAD TURNED TO THE SIDE

Place a chair or crate next to you. Place your right foot on the chair. Grasp the outside of your right knee with your left hand and pull it toward you. Turn your head to the left and place your right hand behind your back. Stand straight and breathe deeply from your belly. Then change sides.



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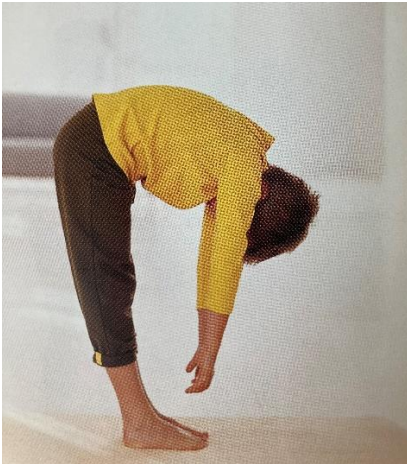


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### 3. CLOSING KNIFE STANDING UP

Imagine: you move the same way as a pocketknife that closes. Stand straight, let your head drop forward, let your entire upper body drop forward down. Imagine all the pressure gradually flowing from your shoulders through your arms and out your fingertips.



### 4. DOWNWARD FACING DOG



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Imagine: you are stretching like a dog. Stand on your hands and feet so that your body forms a triangle. Now take a long stretch - like a dog.



## 5. CHEST STRETCH

Stand with your legs slightly apart. Raise your arms forward and place your hands with your palms together. Spread your hands wide and bring them back. At the back, bring your hands together again and clasp them. Lean back slightly so that you are looking up. Now raise your arms forward and up towards your head and breathe deeply. Then slowly return to the original position.



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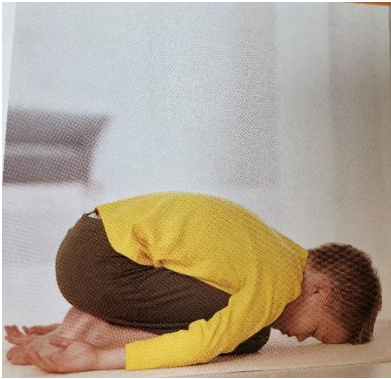


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## 6. YOGA MUDRA

Kneel and sit on your heels, bend your upper body forward and rest on your thighs. Put your head on the ground. Stretch your neck. Put your arms back at your sides, palms up.

Think of the yoga mudra position as a position of humility: I accept everything as it is, without fear and without stress, I feel peace within myself.



## 7. CRADLE ON BACK

Do this exercise to become completely awake and ready to learn. Lie on your back, bend your legs and pull them towards you. With your back round, you can now rock forward and backward. Always rock on your back with a little swing, always roll over your entire back up to your head and then almost to a sitting position again.



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