

Arbor Day

Tree Yoga

Can be done indoors or outdoors.

A great way to relax and connect with nature around us.

Maple Leaf

1. Stand in a lunge position, one leg out in front of the other, front knee is bent and back leg is extended
2. Bend torso forward towards the front leg
3. Extend arms
 - Imagine you are a maple leaf
 - You are dangling on a branch at the top of the tree
 - You look to your left and to your right, you are surrounded by fellow maple leaves

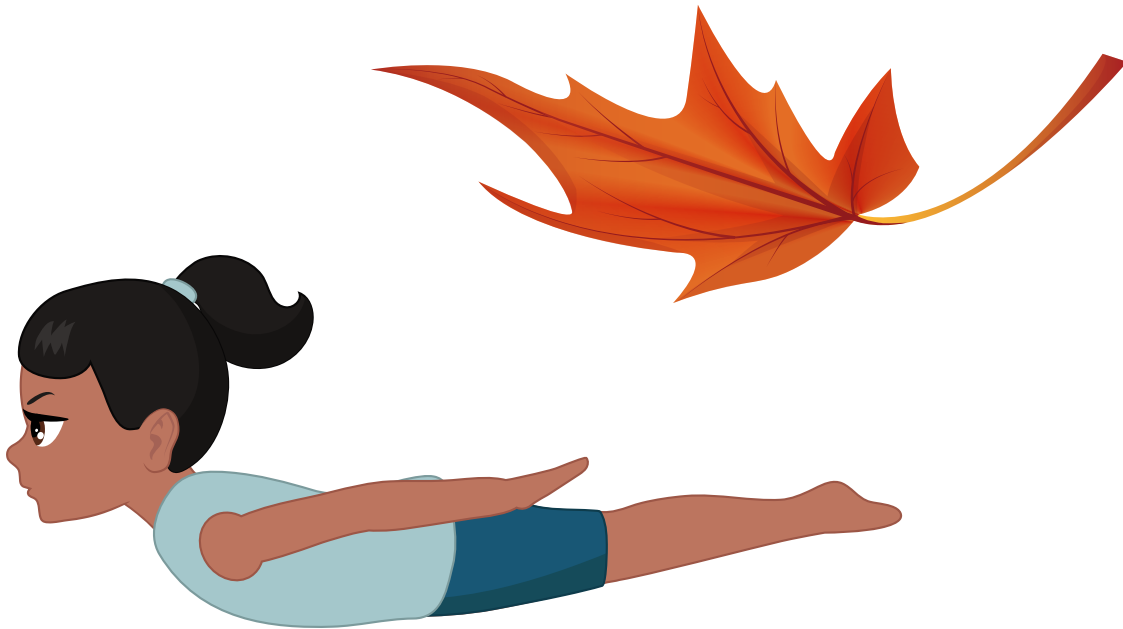


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Falling Leaf

1. It is autumn and you are a leaf that is about to fall off of a tree
 - Lay on your stomach
2. A big gust of wind comes and blows you off the tree
3. You are falling through the air. You feel the wind against your face. The wind pushes against your body, making all your edges curl upwards.
 - Raise your head and shoulders up off the ground
 - Lift your legs into the air
 - Clasp your hands behind your back
4. You glide through the air as you get closer and closer to the ground.
5. You land gently on the ground beside your fellow leaves.
 - Bring arms, legs, chest and head back to the ground



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Growing Tree

1. You are a young seedling just beginning to grow
 - Start in a deep squat with hands together in front of your chest
2. Feel the sun shining upon your leaves. You absorb its energy and begin to grow slowly into a sapling
 - Straighten legs slowly until you are standing up right
3. Raindrops are falling down on you. Your roots absorb the water and give you energy to keep growing taller into a mature tree
 - While keeping your hands together, slowly raise your arms above your head as high as you can
4. You have now grown into a very tall, wise tree

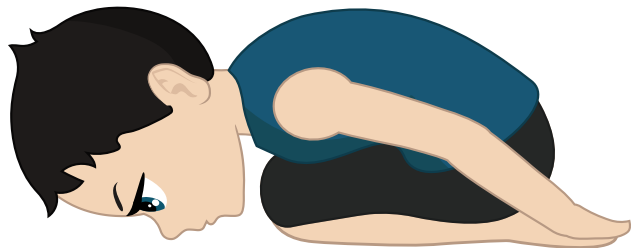
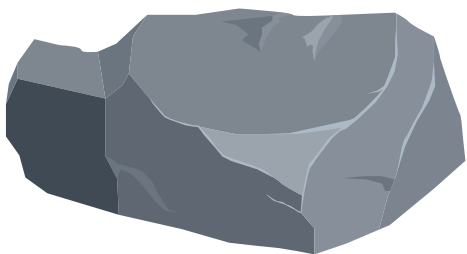


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Rock

1. Kneel on the ground and sit on your heels
2. Bring your forehead down to rest on the ground
3. Rest your arms alongside your body
 - Imagine you are a rock sitting under a tree
 - You feel the cold, damp, earth underneath you
 - With every breath you smell the fresh soil
 - You lay here and enjoy the relaxing sounds of birds chirping in the tree above you



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Tree in the wind

1. You are a tall tree in the forest
 - Stand up straight, place your palms together and raise your arms above your head
2. A big gust of wind comes along and blows against your trunk and branches
3. The wind is so powerful that you tilt over
 - Lean your upper body to one side while keeping you hands above your head
4. A second big gust of wind blows you over to the other side
 - Lean you upper to the opposite side while keeping your hands above your head



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Weeping willow

1. It is summer and you are a mature willow tree
 - Stand straight up
2. You have thousands of leaves that hang and dangle off your branches
3. Some of your leaves hang so low they almost touch the grass
 - Bend your upper body forward and let your arms hang towards your feet
4. You feel your leaves sway back and forth as a gentle breeze grazes against you
 - While leaning over, sway your arms back and forth



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Coniferous tree

1. Stand with legs wider than shoulder width apart
2. Bend at the waist to reach one arm down and rest your hand on your shin
3. Reach the other arm straight up to the sky Imagine you are a tall coniferous tree
 - Your branches are covered with needles
 - Your dangling cones decorate your branches
 - You look out into the forest and see your fellow tree friends
 - What kind of coniferous tree are you? A spruce tree? A pine tree? A christmas tree?

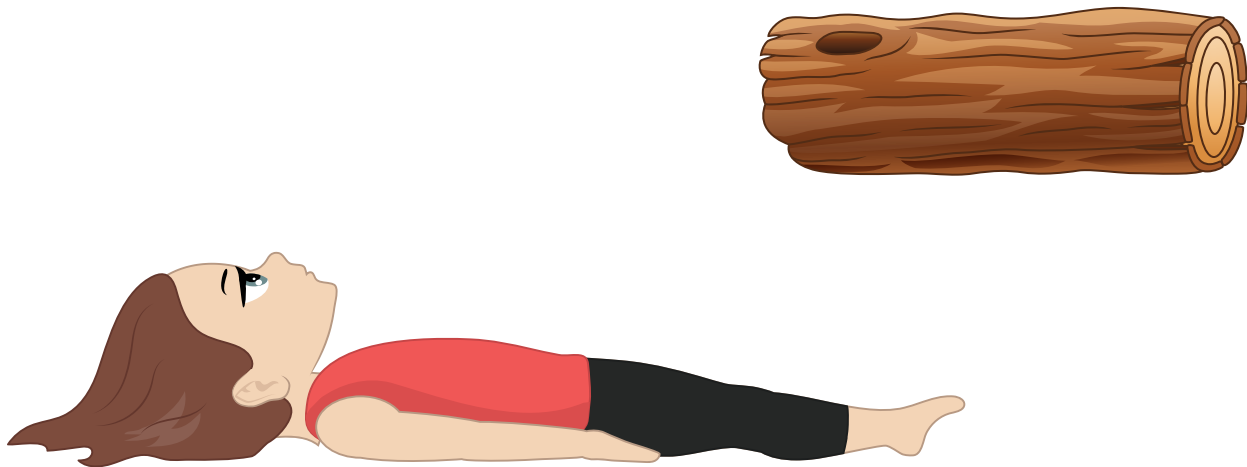


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Log roll

1. You are an old tree that has fallen to the ground, you are a log
 - Lay flat on your back
 - Your arms may be by your side or stretched out above your head
2. You begin to roll through the forest
3. You feel every root, rock, and bump as you roll over it
 - While remaining in the same position, begin to roll slowly
4. As you pick up speed you feel your bark crack
 - Roll quickly 3 times
5. Suddenly you feel a cold splash of water and you stop rolling
 - Stop rolling, lay flat on your back
6. You landed in a lake!
7. You feel weightless as you float through the cool water



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Bird (perched on a branch, or in nest)

1. You are a bird flying in the sky, looking for a tree to rest in
2. There it is, the perfect tree. You fly towards it
3. You land and wrap your claws or talons around one of the branches
 - Stand in a lunge, one foot in front of the other
 - Bend your knees and place your hands on the ground, one on each side of your front foot
4. You are perched on the tree branch
 - Straighten your back leg and place the top of your foot gently on the ground
5. The sun shines between the tree branches and covers you with its warmth
6. You let out a joyful chirp to celebrate finding the perfect branch
 - Make your best bird noise



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Tree roots

1. Stand with your feet very wide apart
2. Bend your upper body forward and place your hands on the ground Imagine you are a tree
 - Your hands and feet are the roots that ground you to the earth
 - Feel the cool, damp soil deep in the ground
 - A worm wiggles through the dirt and crosses over your roots
 - The water in the ground is absorbed through your hands and feet
 - You feel the water travel up through your roots all the way to your leaves
 - This nourishes you and enables you to grow

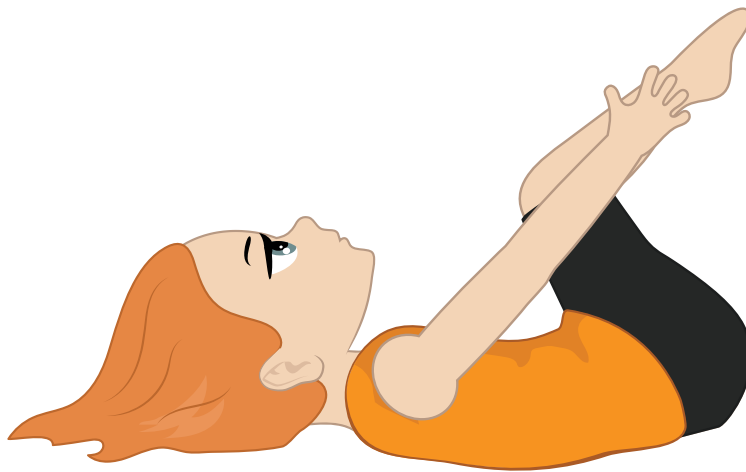


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Raindrop

1. Lay on your back
2. Hug your knees to your chest
3. Grab your ankles, one with each hand
 - Imagine you are a raindrop
 - You have just fallen out of a dark grey cloud
 - Lighting flashes across the sky
 - Thunder roars arounds you
 - The wind pushes against you
 - You are falling faster and faster
 - SPLAT! You land on a leaf
 - You roll off the leaf and land on the ground
 - You lay motionless in a puddle of your fellow raindrops
 - Lay flat on your back



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Flower

1. It is spring and you are a flower beginning to bud
 - Sit on your bottom with a tall spine/back
2. Raindrops fall upon you. They are absorbed by your roots and nourish you as you continue to grow
 - Lift your legs up off the ground and balance on your bum
3. Feel the warmth of the sun on your petals.
4. Your petals begin to open up as you bloom
 - Weave your arms under legs
 - May also touch soles of feet together
5. Full bloom at last, your sweet, fresh scent fills the air around you



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