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Colorado

# All Abilities Yoga Cards



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# All Abilities Yoga Cards

## Welcome!

This deck is designed to guide you through mindfulness activities and movements just like the ones we do together in class at Guided By Humanity.

Start with the warm-ups and follow along with our All Abilities Yoga sequence of poses or pick and choose from the sections to create your own experience.

Remember, yoga is a practice - we are ALL always learning. Choose how you will practice today!

## Benefits of All Abilities Yoga

### Connection in Community

Group classes create community and natural support system.

### Increased Body Awareness

Physical poses help to feel sensations in the body.

### Supports Self Regulation

Through meditation practices we become more mindful in navigating our social and emotional worlds.

### Choices

Choices help to build self-confidence and self-empowerment.

### Boosts Mental and Physical Health

Breathing techniques and physical poses that are practiced slowly activate the rest and digest response in our brains.

### Building Resiliency

Building Resiliency through Trust, Self Study and Continued Practice

# All Abilities Yoga Cards

## Let's Begin!

1. First slow down, take a breath.
2. Look around your space.
3. Choose an area in your space with plenty of room that feels the most comfortable and supportive to you. (Props like a chair, blocks, books, pillows, bolsters and blankets can provide support when you are moving or sitting still.)
4. Going in order, pick one card from each of the following sections: **Reflection**, **Mindfulness**, and **Breathing**, and complete the actions.
5. Next, follow the **Warm-up** cards and **Yoga** sequence in order.
6. If you are limited on time, pick and choose from the cards to create your own unique yoga and mindfulness experience.
7. End with a **Guided Meditation** card.
8. Have fun. Be kind.

# Reflection

Self-reflection is the process of bringing your attention to what's happening in your life in a mindful and open-minded way.

Taking time to reflect can help you shift your mindset, increase positivity in your life, and discover a greater connection with yourself.

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# Reflection

## Orientation Exercise

We can use our different senses to bring our attention to the present moment.

When we do this we can help ourselves to feel more calm and centered.

1. Look around your space, look down, look to your sides, look up.
2. Take a moment to come into a comfortable position.
3. What did you notice about your space?



# Reflection

## Body Awareness

Find a calm and comfortable space.

1. Bring your attention to your body, either sitting tall or lying down.
2. Begin to focus on your feet, then your legs, traveling all the way up your body very slowly.
3. What did you notice about your body? Tightness? Softness? Any other sensations?





# Reflection

## Happiness Comes from Within

Bring your attention to a thought or memory that makes you feel happy.

1. Focus your attention on the way your body feels while you think about this happy thought.
2. Take 5 slow breaths with this feeling, letting it fill every part of your body.
3. How did your happy feeling make you feel?



# Reflection

## Growing a Garden of Kindness

One small act of kindness can inspire others to be kind, just like tiny seeds grow into beautiful flowers and tall magnificent trees.

1. Think of all the ways people in your life are kind to you.
2. Think of the big and little ways that you can share kindness with the people around you.
3. How will you grow your garden of kindness?



# Reflection

## Love and Acceptance

### Remembering a Favorite Time in Your Life.

Taking a moment to remember a positive experience can uplift our minds and our bodies.

1. Sit comfortably and take 5 breaths (inhale and exhale) as you enjoy your favorite memory.
2. What did you see, hear, smell, feel or taste?
3. How do you feel in your body when you remember a favorite time?

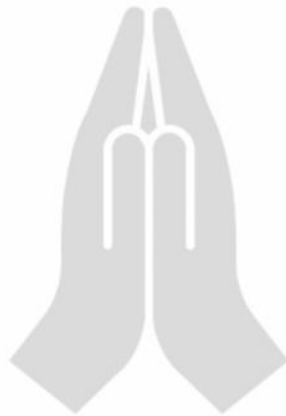


# Reflection

## Gratitude List

Taking time to notice what you are grateful for is an impactful way to be mindful.

1. When we feel gratitude, we appreciate what we have, our environment, our life experiences, and most importantly, the unique qualities that make us ourselves.
2. What are 5 things you are grateful for?



# Reflection

## Sometimes Life Gets Difficult

Find your mindful body at this moment.

1. Sit comfortably and take 5 long and slow breaths (inhale and exhale).
2. What are ways in which you practice self care to make life less difficult?



# Reflection

## Feelings in Action

Notice your emotions and your mood right now.

This can be a good feeling or the opposite. You decide.

1. Make a face to match your feeling or express your feeling through your body.
2. Describe your feelings.



# Mindfulness

Mindfulness means focusing on the present moment while accepting your feelings, your senses and your thoughts, with kindness.

Life is always changing and so are we, we have unlimited chances to practice attentiveness.

When you notice that you have made a mistake or gotten off track, remind yourself with kindness that simply by noticing you have already returned to mindfulness!

By being mindful we empower ourselves with choice. Now you will get to choose how you feel, think and live! How many ways can you be mindful today?

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# Mindfulness

## Mindful Body



This is a practice that is very important to practicing mindfulness. A mindful body is both alert and relaxed.

1. While sitting in a chair, bring both feet flat on the floor or flat on the pedals of your wheelchair.
2. Sit tall and relax your shoulders.
3. Take a moment to remember how you normally sit.
4. What differences did you notice?

# Mindfulness

## Mindful Sight



1. Notice what you can see.
2. Look around and become aware of your environment.
3. Notice the color, shape and size of what is around you.
4. Use words or sounds, draw a picture, or use movement to describe as much as you can about what you see.

# Mindfulness

## Mindful Touch



1. Notice what you can feel, such as the softness of your clothing, the temperature of the air, or the smooth surface of the chair or floor you are sitting on.
2. Use words or sounds, draw a picture, or use movement to describe what you can feel.

# Mindfulness

## Mindful Listening



1. Notice what you can hear.
2. Notice which sounds in your environment are familiar to you.
3. What sounds can you hear that are new to you?
4. Use words or sounds, draw a picture, or use movement to describe what you hear.

# Mindfulness

## Mindful Smelling



1. Notice what you can smell.
2. What do you smell near you?
3. What can you smell far away?
4. If you smell something unpleasant, can you notice without judgement?
5. Use words or sounds, draw a picture, or use movement to describe what you smell.



# Mindfulness

## Mindful Taste



1. Notice what you can taste.
2. Slowly take a sip of water.
3. Before you swallow it down, take a moment to notice how the water feels in your mouth.
4. What can you taste on your tongue?
5. Use words or sounds, draw a picture, or use movement to describe what you taste.

# Mindfulness

## Hand Tracing



1. Begin by lifting your hand in front of you.
2. Notice the lines on the back of your hand.
3. Notice the lines on the palm of your hand.
4. Using a finger or your eyes, trace the lines in an upward motion when you breathe in (inhale) and trace the lines in a downward motion when you breathe out (exhale).
5. Repeat as many times as you like.

# Mindfulness

## Ball Shape



1. Begin in a comfortable seat.
2. Bring your hands together with only your fingertips touching to make a shape like a ball.
3. Next, using your sense of touch, bring your hands overhead and touch your fingertips together to make a shape like a ball. Move slowly.
4. Repeat 3 times.



# Breathing

Breathing exercises are a good way to relax, reduce tension, and relieve stress. When you breathe deeply or with focus, it sends a message to your brain to calm down and relax. The brain then sends this message to your body.

Learning to breathe with awareness is a valuable tool in helping restore balance in your mind and body.

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# Breathing

## Balloon Breath



### Ready to connect to your body?

1. Bring your palms to your belly and/or heart.
2. Notice the natural rhythm of your breath moving up and down.
3. Now let your belly get big like a balloon on your breath in (inhale) and small on your breath out (exhale).
4. Repeat this pattern of breath and movement 3 times.

# Breathing

## Breathing with Movement

### Ready to Settle Down and Begin?

1. Slowly breathe in (inhale) as you begin to lift your arms over your head.
2. Bring your palms together to touch.
3. Slowly breathe out (exhale) as you bring your palms to your heart.
4. Repeat this pattern of breath and movement 3 times.



# Breathing

## Energizing “Bunny” Breath



### Feeling Tired?

1. Begin by sitting on your heels or in a comfortable seat.
2. Take 5 quick breaths, inhaling through your nose and then 1 long exhale through your nose, as if you are a bunny sniffing a big juicy carrot.
3. Repeat this pattern of breath 3 times.

# Breathing

## Lions Breath



### Feeling Fierce?

1. Begin by sitting in a comfortable seat.
2. Breathe in (inhale) through your nose.
3. As you breathe out (exhale), stick out your tongue and stretch it down towards your chin, open your eyes wide and make a “HA!” sound.
4. Repeat this pattern of movement and breath 3 times.

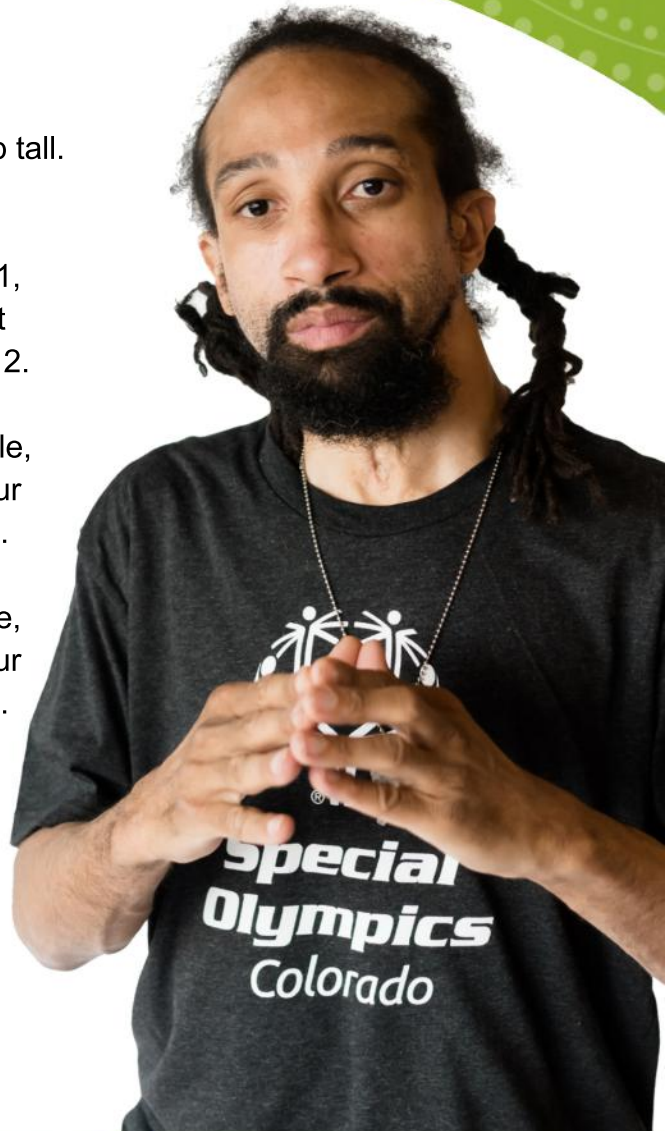


# Breathing

## 1-2-3 Breath

### Ready to Focus?

1. Begin by sitting up tall.
2. On your breath in (inhale) count for 1, on your breath out (exhale) count for 2.
3. On your next inhale, count for 2, on your exhale count for 3.
4. On your last inhale, count for 3, on your exhale count for 4.



# Breathing

## Breath of Joy



### Ready for a Mood Boost?

1. Begin by standing or sitting up tall.  
Using a three-part inhale:
2. Breathe in (inhale) as you lift your arms out in front of your body at shoulder height.
3. Breathe in (inhale) as you move your arms out to the sides like wings.
4. Breathe in (inhale) one more time as you lift your hands over your head.
5. Breathe out (exhale) with the sound of “HA!” as you lower your arms.
6. Repeat this breath and movement pattern a few times.
7. Notice what you feel.





# Breathing

## Bee Breathing

### Ready to De-Stress?

1. Bring your palms to rest on your cheeks or forehead, or over your eyes.
2. With a slow breath out (exhale), begin to make the sound “hummm” or “bzzzz”, like a bee.
3. Feel the vibrations on your cheeks or forehead.
4. Notice your breath.
5. Repeat this pattern of movement and breath as many times as you like.



# Breathing

## Sounds of the Universe

### Ready to Connect?

1. Make an ‘Ahhh” sound and tap your heart.
2. Next, make an “Ohhh” sound and pat your belly.
3. Next, make an “Mmmm” sound and bring your palms to rest on your head.
4. Try putting the sounds together, one after the other to create the sound of “OM.”
5. Repeat this pattern of movement and breath 3 times.



# Seated Warm Up Poses

Begin your mindfulness practice with some gentle movements to get your body and mind ready to make the shift from what you were doing a moment ago to what you are doing now: *Yoga!*

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# Seated Warm Up Poses

## Gentle Neck Stretch



1. Begin in a comfortable seat. Sit up tall.
2. Gently bring one ear down toward your shoulder.
3. Gently roll your chin toward the center of your chest.
4. Gently rock your head from side to side.
5. Move slowly and gently.

# Seated Warm Up Poses

## Sigh Away Shoulder Shrug



1. Bring both of your ears up to your shoulders and gently shrug your shoulders.
2. Hold for 3 seconds.
3. Release with a sigh.



# Seated Warm Up Poses

Seated Washing Machine (elbows in, elbows out)



1. Begin in a comfortable seat. Sit up tall.
2. Lift your elbows away from your body.
3. Turn your body to one side and then the other, back and forth.
4. Choose slow or quick movements.
5. Come to stillness in the middle and take a few breaths.
6. Notice what you feel.

# Seated Warm Up Poses

## Snake in a Basket



1. Begin in a comfortable seat. Sit up tall.
2. Make circles (big or small) with your upper body.
3. Come to stillness in the middle and take a few breaths.
4. Notice what you feel.
5. Switch directions and repeat.





# Seated Warm Up Poses

## Seated Cat/Cow Pose



1. Begin in a comfortable seat. Sit up tall.
2. Bring your hands to the tops of your knees or thighs.
3. Cow Pose: Breathe in (inhale) as you lift the center of your chest up towards the sky.
4. Cat Pose: Breathe out (exhale) as you tuck your chin towards your chest
5. Moving with your breath, repeat as many times as you like.

# Seated Warm Up Poses

## Gentle Seated Twist



1. Begin in a comfortable seat. Sit up tall.
2. Breathe in (inhale) as you raise your other arm up over head.
3. Breathe out (exhale) as you lower your arm across the front of your body over toward your opposite hip.
4. When you are ready, gently unwind your arms and return towards your center.
5. Sit up tall and repeat on the other side.

# Seated Warm Up Poses

## Gentle Hug



1. Begin by taking your arms out to your sides, slowly cross your arms and give yourself a gentle squeeze.
2. Repeat as many times as you like.

# Seated Warm Up Poses

## Forward Fold



1. Begin in a comfortable seat. Sit up tall.
2. Raise your arms up over your head.
3. Bring your hands down to your knees as you bend at the waist, folding forward over your legs.

# Yoga Poses

Yoga is the practice of connecting our mind, body, and spirit. Yoga can help us calm our minds so that we have an opportunity to be more peaceful and connected to the present moment.

Practicing yoga with others can help us to connect with others and our community. Yoga can be quiet and calming and it can also be lively and energizing! How will you practice yoga today?

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# Yoga Poses

## Mountain Pose



1. Begin in a comfortable seat or by standing in a way that feels most steady in your body.
2. Let your awareness travel up your legs, up into your body, up into your spine as you sit up or stand up tall.
3. Bring your hands to touch in front of your heart. You may raise your arms up overhead. Push down into your base as you breathe in (inhale), grow taller in your spine and reach the top of your head to the sky as you breathe out (exhale).

Benefits: *Balance, Strength*



# Yoga Poses

## Crescent Moon



1. Begin in a comfortable seat or standing with one hand on your hip.
2. Lift your other arm up overhead.
3. Bend and reach your arm and upper body toward the opposite side.
4. Repeat on the other side!

Benefits: *Flexibility, Strength*

# Yoga Poses

## Chair Pose



1. Begin in a comfortable seat with your hips slightly forward to the front of your seat.
2. Activate your core as you begin to lift your arms out in front of your body up to shoulder height.
3. Lean forward with lifted arms while pushing your feet or hips down.

Benefits: *Balance, Strength*

# Yoga Poses

## Downward Dog

### Floor

1. Begin by coming to tabletop position, wrists underneath shoulders, and knees underneath hips.
2. Push into your hands and feet as you lift your tailbone up.
3. Keep your arms straight and strong.
4. Bend your knees a little or a lot.



### Seated

1. Press your hips into your chair and your feet into the floor.
2. Bring your arms in front of you, resting your palms against your knees.
3. Keep your arms straight and strong as you lean forward.
4. push your palms into your knees as you lift your chest.



Benefits: *Flexibility, Strength*

# Yoga Poses

## Crescent Lunge

### Standing

1. Step one foot forward and bend your knee so that it is above and in line with your foot.
2. Bring your attention to your back foot, push down with your foot and begin to lift your heel, placing your weight on the ball of your foot. When you are ready, begin to lift your arms- together or one at a time-up in front of your body.

### Seated

1. Begin in a comfortable seat on a chair. Sit up tall.
2. With hands under one of your knees, begin to pull your knee up and closer to your body.
3. Push your other foot into the ground as you lift your chest.
4. Release your knee and place both feet on the ground.
5. Repeat on the other side.



**Benefits:** *Flexibility, Strength*

# Yoga Poses

## Warrior 2

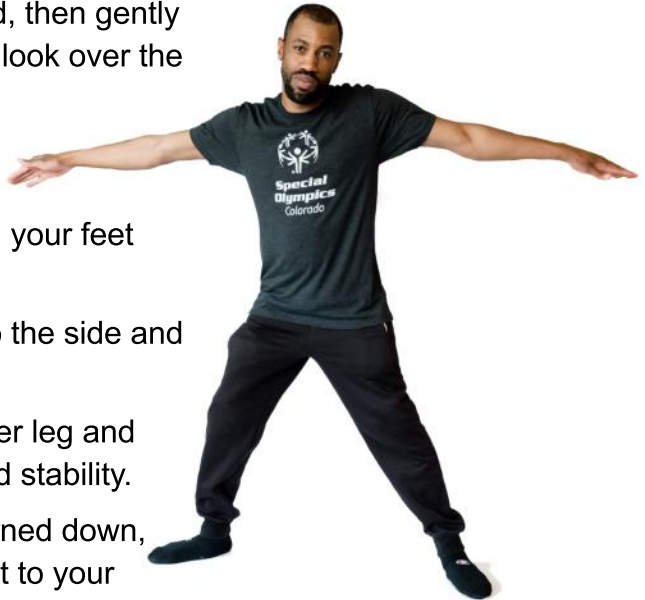
### Seated

1. Begin in a comfortable seat, sit up tall.
2. Step your feet out to the sides, widening the space between your knees.
3. With your palms turned down, reach your arms out to your sides, like wings.
4. Look over one hand, then gently turn your head and look over the other hand.



### Standing

1. Begin standing with your feet apart.
2. Turn one foot out to the side and bend your knee.
3. Straighten your other leg and shift your foot to find stability.
4. With your palms turned down, reach your arms out to your sides, like wings.



**Benefits:** *Balance, Strength, Flexibility*

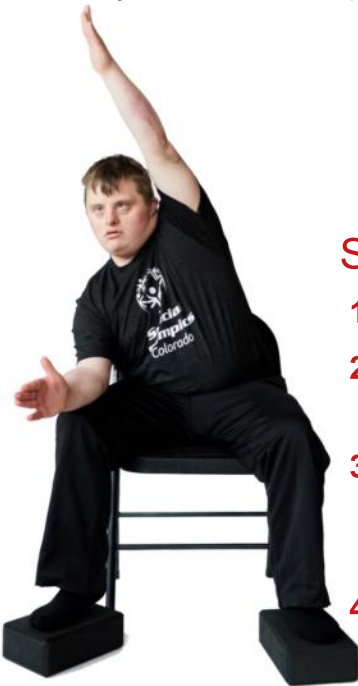


# Yoga Poses

## Extended Side Angle

### Standing

1. Begin standing with your feet apart.
2. Turn one foot out to the side and bend your knee.
3. Straighten your other leg and shift your foot to find stability.
4. Reach one arm out, bend your elbow and rest your forearm on your bent knee.
5. Lift your other arm up and over your head.



### Seated

1. Begin in a comfortable seat, sit up tall.
2. Step your feet out to the sides, widening the space between your knees.
3. Reach one arm out, bend your elbow and bring your elbow or forearm to rest on your knee.
4. Lift your other arm up and over your head.

Benefits: *Balance, Strength, Flexibility*



# Yoga Poses

## Reverse Warrior

### Standing

1. Begin standing with your feet apart.
2. Turn one foot out to the side and bend your knee.
3. Straighten your other leg to find stability.
4. Lift your arms out to the sides like wings.
5. Bring one hand to rest on your back leg.
6. Lift your other hand, palm side up, towards the sky.



### Seated

1. Begin in a comfortable seat, sit up tall.
2. Step your feet to the sides, widening the space between your feet.
3. Lift your arms out to the sides, like wings.
4. Bring one hand to your hip.
5. Turn your palm up and lift your arm up towards the sky.

**Benefits:** *Balance, Strength, Flexibility*

# Yoga Poses

## Star Pose

### Standing

1. Begin standing with your feet wide apart.
2. Stand up tall.
3. Reach your arms out to the side and up high.



### Seated

1. Begin in a comfortable seat.
2. Step your feet out to the side, widening the space between your knees.
3. Reach your arms out to the side and up high.
4. Push your hips down and sit up tall.



Benefits: *Balance, Flexibility*

# Yoga Poses

## Stork Pose

### Seated

1. Begin in a comfortable seat. Sit up tall.
2. Push one foot into the ground.
3. Lift your other foot up and out in front of you, straightening your leg.
4. Lift your arms out in front of your body, or bring both hands to your heart.



### Standing

1. Stand tall in a way that feels steady in your body (you may choose to rest one hand on a chair or wall while bringing your other hand to your hip).
2. Bend one knee and begin to lift your foot off the ground.
3. Keep your knee bent or straighten your leg out in front of you.
4. Bring your hands to your heart, rest them on your hips, or raise your arms overhead.



Benefits: *Balance, Strength*

# Yoga Poses

## Tree Pose

### Standing

1. Stand tall in a way that feels steady in your body (you may choose to rest one hand on a chair or wall while bringing your other hand to your hip).
2. Standing on one foot, cross your other foot over your ankle (OR place your toes on a block and lift your heel OR bring the sole of your foot to the inside of your leg, above or below your knee).
3. Lift your arms, together or one at a time, up and overhead. You may also choose to keep one hand on a chair for support, or you may bring both hands to your heart.
4. Lower your arms and switch your feet to repeat the pose on the other side.



**Benefits:** *Balance, Flexibility, Strength*

# Yoga Poses

## Tree Pose - Seated



### Seated

1. Begin in a comfortable seat. Sit up tall.
2. Step your feet out to the side, widening the space between your knees. OR, cross your ankles.
3. Lift your arms, together or one at a time, up and overhead. OR, bring your hands together in front of your heart.
4. Lower your arms and switch your feet to repeat the pose on the other side.

Benefits: *Balance, Flexibility, Strength*



# Yoga Poses

## Eagle Pose - Standing

### Standing

1. Stand tall in a way that feels steady in your body (you may choose to stand against a wall for support).
2. Bend your knees as you lift one leg and cross it over the other, standing on one foot.
3. Squeeze your knees, thighs and lower legs together.
4. Cross your arms in front of you with your hands on your shoulders.
5. Lift your elbows up and away from your chest.
6. Repeat on opposite side.



**Benefits:** *Balance, Strength, Flexibility*



# Yoga Poses

## Eagle Pose - Seated

### Seated

1. Begin in a comfortable seat. Sit up tall.
2. Cross one knee over the other and squeeze your knees, thighs, and lower legs together.
3. Cross your arms in front of you and bring your hands to your shoulders.
4. Lift your elbows up and away from your chest.
5. Gently unwind. Switch your legs and arms to repeat the pose on the other side.



Benefits: *Balance, Strength, Flexibility*

# Yoga Poses

## Cobra Pose



### Floor

1. Begin lying on your belly.
2. Bring your hands to the floor beneath your shoulders, tuck your elbows to your sides.
3. Push your hands and the tops of your feet into the floor.
4. Lift from your chest.

### Seated

1. Begin in a comfortable seat. Sit up tall.
2. Bring your hands to the tops of your thighs and tuck your elbows close to your sides.
3. Lean forward, pushing your hands down.
4. Lift from your chest.

Benefits: *Flexibility, Strength*

# Yoga Poses

## Butterfly Pose



### Seated

1. Begin in a comfortable seat on a chair or on the floor. Sit up tall.
2. Bring your feet close together with the soles of your feet touching.
3. Move your knees out to the sides (if you are sitting on the floor, you may put blocks or blankets under your knees for support).

Benefits: *Flexibility*

# Guided Meditation

Guided Meditation is a mindfulness practice that helps us train our mind to stay focused. Very often, when we try to focus our attention on something, our minds can become distracted by other thoughts, daydreams, memories, or worries.

We can use Guided Meditation as a tool to help our mind to stay in the present moment by focusing our attention on our breath, a sensation in our body, a sound, or an idea. How can Guided Meditation help you practice mindfulness today?

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# Guided Meditation

## Tension and Release

Begin in a comfortable position. You may choose to stand, sit or recline to practice this exercise.

1. Bring your awareness to your feet.
2. Stretch your toes, then squeeze your toes, then relax your toes.
3. Bring your attention to your hands.
4. Stretch your fingers, squeeze your hands into a fist, and then slowly release your fist to relax your hands.
5. Bring your attention to your face and jaw.
6. Open your eyes and your mouth wide, then squeeze your face and jaw tight, and then slowly release your squeeze and soften your face and jaw.
7. Now let your whole body soften as you release tension.





# Guided Meditation

## Warm Glow Meditation

Begin in a comfortable position. You may choose to stand, sit or recline to practice this exercise.

1. Bring your attention to your breath.
2. Notice your breath in and your breath out.
3. Imagine a warm, comforting light beginning to glow in the center of your chest.
4. Everytime you breathe in, imagine that comforting glow spreading outward from your heart.
5. With each breath, more and more of your body fills with light until every part of you glows with warmth, comfort and peace.



# Guided Meditation

## Mantra Meditation

Mantras are words that we say to make a positive change in how we think or feel.

1. Choose a mantra like “I am brave” or “I am kind” or “I am worthy” and begin to repeat it to yourself.
2. You can whisper it, say it out loud, write it down, or think it to yourself.
3. Repeat your mantra as often as you need, allowing your words to fill you up with positive thoughts and feelings.



# Guided Meditation

## Mountain Climbing

Begin by lying down on your back or staying seated in your chair.

1. Imagine you are running or rolling up a mountain as you breathe in.
2. When you get to the top of the mountain, release your breath with an exhale and imagine you are running or rolling down the mountain.
3. Repeat as many times as you like.



May we have peace..  
in our thoughts..  
in our actions..  
and in our hearts..

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