CARD DECK

KOHL'S

MINDFUL ME

PAUSE

BREATHE

CONNECT

Seated Section

KOHL'S cares

PHOENIX CHILDREN'S

www.phoenixchildrens.org/kohlsmindfulme

Hello and welcome to the Kohl's Mindful Me card deck!

This card deck is designed to help you and others discover how easy practicing yoga and mindfulness can be. Before you get started, there are some things we need to talk about for your safety and best use of this card deck!

1. If you are instructing others while using these cards, please consider the past and current experiences, abilities, and level of comfort of those you are instructing. Some of these activities and poses may not be appropriate for everyone or may not be appropriate in every situation.
2. If you are instructing others while using these cards, participate and model the activity. You deserve the benefits, too!
3. Remember that yoga and mindfulness values balance. If you do a pose using one side of your body, be sure to do the pose on the other side as well.
4. Participation in yoga and mindfulness is not mandatory. If you or someone else does not want to participate, remind them that they are always welcome to join. Keep in mind, the level of participation does not always have to be the same. We all differ in our abilities and readiness.
5. Yoga and mindfulness are judgement-free. Completing or not completing a task in yoga or mindfulness is up to the individual, without judgment.
6. Breathing is so important for life and in the practice of yoga and mindfulness! We tend to hold our breath especially when we are doing something physically difficult or feeling upset. Remember to breathe as you are doing these activities!

DISCLAIMER

Please note that not all exercises presented in this card deck are suitable for everyone and engaging in certain poses may result in injury. Please ensure that you or your children only engage in the activities that you or your health care professional deem physically or psychologically appropriate. These materials are intended to be general and educational in nature and Phoenix Children's and its team members disclaim any liability or loss in connection with the activities described herein.

seated

Gorilla

Instructions for pose:

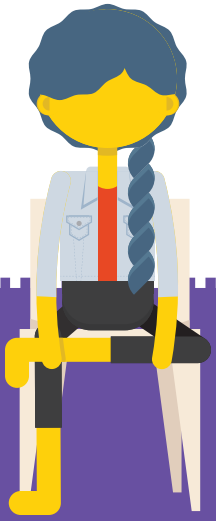
1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.
2. Inhale and reach your arms up.
3. Exhale and bring your arms down while folding forward at the hips.
4. Rest your head between your legs and let your arms hang at your sides. Breathe.
5. Slowly, roll up to a seated position.

Pose Ideas:

Gorilla hug: reach under your legs to grasp your arms at the elbows. Rest your body here.

seated

Pigeon



Instructions for pose:

1. Begin in a seated position with both feet flat on the ground and arms at your side.

2. Bring your right ankle up over your left knee.

3. Inhale and sit up tall.

4. Exhale and gently press down on your right knee with your right hand.

Modifications:

For a deeper stretch, bend forward slightly at the hip as you exhale.

If you are not able to rest your foot on your opposite knee, extend your leg and rest the opposite foot on your lower leg.

Pose Ideas:

Using one hand under your crossed knee and one hand under your foot, gently lift up and rock your leg side to side.

seated

Cat

Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.
2. Bring your hands together. Intertwine your fingers, roll your palms out and inhale deeply as you arch your back, and extend your arms towards the sky.
3. Exhale and slowly round your shoulders as you push your arms out in front of you. Release your hands.
4. Inhale, slowly roll your shoulders back, straighten your spine, and bring your hands to your lap.

Modifications:

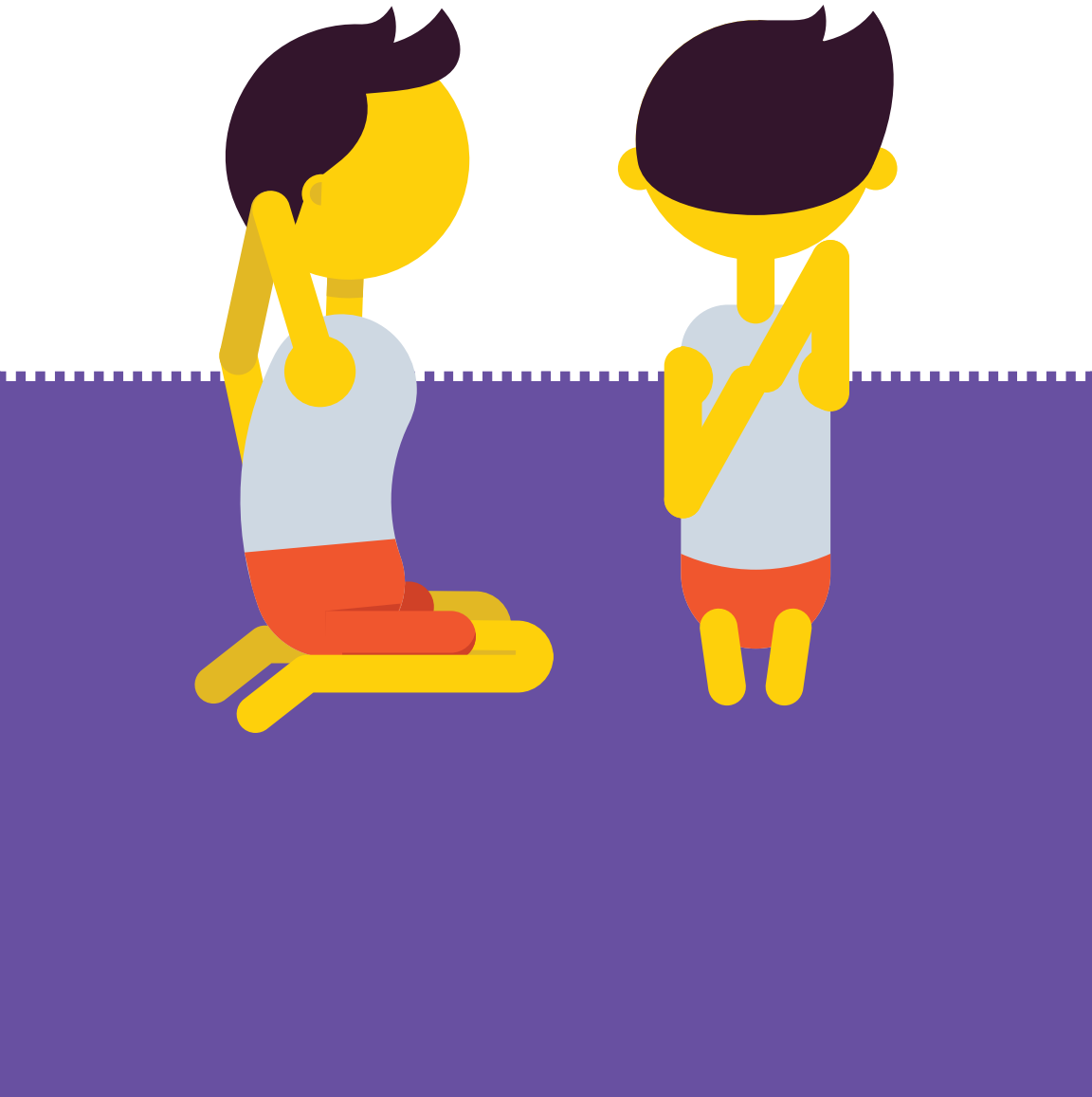
If intertwining your fingers is too uncomfortable, try the pose with your hands apart.

Pose Ideas:

Try it with a partner! Sit across from your partner. As you reach your hands out, instead of clasping them, reach for your partner's hands. Inhale as you arch your back. Exhale as you round out your back and gently pull on your partner's hands.

seated

Monkey Arms



Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Extend one arm over your head.

3. Keep it next to your ear and bend at the elbow to reach your hand down your back so that your palm is facing your back.

4. Bend your opposite elbow and bring that forearm behind your back.

5. Reach your fingers towards each other and try to clasp them together.

6. Hold this position while you breathe.

Modifications:

If your hands cannot touch, hold onto the back of your shirt or a towel with the top hand and reach the bottom hand up.

seated

Mountain

Instructions for pose:

1. Sit down in a chair and move to the edge so that your back is not resting on the chair.

2. Make sure your feet are flat on the floor and your back is straight.

3. Have your knees directly above your ankles and your hands in your lap.

4. Inhale and exhale deeply.

Pose Ideas:

Shoulder rolls

Neck rolls

Crescent moon: Inhale your arms above your head and exhale as you gently bend to one side. Repeat for the other side.

seated

Twist

twist

seated

Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Put your left hand on the outside of your right thigh and place your right hand on the back of your seat. Your hands should help you stretch, not pull your body to a point of cracking your back.

3. Inhale and sit up straight.

4. Exhale and gently twist your upper body so you are looking over your right shoulder. Inhale.

5. Exhale and bring your body back to the front.

6. Repeat for the other side.

Modifications:

For more of a challenge, cross your right leg over your left while twisting to your right. Switch sides.

seated

Back Bend

back bend

seated

Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Reach behind you and clasp your hands together at your low back.

3. Inhale and roll your shoulders back while pressing your chest forward and lifting your chin slightly up.

4. Exhale, unclasp your hands and relax your shoulders, bringing your hands to your lap.

Modifications:

If it feels more comfortable, you can hold the bottom or back of your seat with your hands.