

# 4-H yoga



A Healthy Living Program

## 4-H Pledge & Pose Instructions

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# Yoga Safety Tips

Yoga promotes strength, muscle stamina, and flexibility. It can be practiced by people of all ages. However, it can do more harm than good if poses are not performed properly, leading to muscle strain and joint injury.

- Always warm-up the body first.
- Stay within your limits. Know what your body can and cannot do, and if a pose feels painful, stop doing it.
- Do not bounce or jerk into a pose.
- Do not lock your joints. Keep knees and elbows loose or slightly bent.
- Keep your body in proper alignment. Avoid putting your body and joints at extreme angles.
- Remember to breathe through each pose. Do not hold your breath.
- When doing balance poses, find a focal point on the wall or floor in front of you or place your hand on a wall, table, or chair to help prevent falls.
- Wear comfortable clothing that won't bind or restrict movement.



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# 4-H Pledge with Yoga Poses

What You Say	What You Do
The 4 H's on the emblem represent the equal training of the head, heart, hands, & health	<i>Mountain</i>
The head is trained to think, to plan, & to reason	<i>Tree (right foot)</i>
The heart is trained to be kind, true, & sympathetic	<i>Warrior 1 (right foot)</i>
The hands are trained to be useful, helpful, & skillful	<i>Warrior 2 (right foot)</i>
The health is trained to resist disease, enjoy life, & make for efficiency	<i>Triangle (right foot)</i>
The 4-H motto is to make the best	<i>Frog</i>
Better!	<i>Leap into the air</i>
So, I pledge my head to clearer thinking	<i>Tree (left foot)</i>
My heart to greater loyalty	<i>Warrior 1 (left foot)</i>
My hands to larger service	<i>Warrior 2 (left foot)</i>
And my health to better living	<i>Triangle (left foot)</i>
For my club,	<i>Standing Forward Bend</i>
My community,	<i>Chair</i>
My country,	<i>Standing Forward Bend</i>
And my world.	<i>Sweep arms out and overhead while standing</i>



# Mountain



## Instructions:

1. Stand tall, feet hip-width apart, shoulders relaxed, chest lifted.
2. Flex your toes up to engage your legs.
3. You can either let your arms hang down at your sides or press your palms together at the chest.



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# Tree



## Instructions:

1. Stand in Mountain Pose.
2. With palms together at the chest, tuck one foot inside the opposite leg. Place your foot above or below, but not directly on, your knee.
3. Stretch your arms out like branches.
4. Bring your hands together above your head.
5. Repeat on the other side.

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# Warrior I



## Instructions:

1. From Mountain Pose, take a big step forward with one foot into a high lunge position.
2. Press the heel of your back foot down into the floor.
3. Bring your hands to your thighs.
4. If your strength allows, sink into a Deep Lunge, making sure that the knee does not bend past the ankle, as you reach both arms up to the sky.
5. Repeat on the other side.



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# Warrior II



## Instructions:

1. From Mountain Pose, take a large step back with your left foot (or move from Warrior I into Warrior II by lowering arms).
2. Turn your left leg/foot out and the heel in. Keep your right leg and foot forward. Position the left leg and foot so that the arch of the left foot lines up with the heel of your right foot.
3. Raise your arms so your right arm is pointing in front of you and your left arm is pointing behind you, holding them parallel to the floor.
4. Turn your head to the right and bend your right knee. Try to bend your knee into a right angle so your thigh is almost parallel to the floor. Do not move the right knee forward past the ankle.
5. Repeat on the other side.



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# Triangle



## Instructions:

1. From Mountain Pose, take a big step back with your left foot into Warrior II.
2. Bend sideways at the waist, reaching your right hand toward your right ankle.
3. Raise your left hand toward the ceiling so that your arms form a straight line, both palms should be facing forward.
4. Repeat on the other side.

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# Frog



## Instructions:

1. Stand with your feet hip-width apart.
2. Balancing on your feet, squat to the ground. Place your palms on the floor between your feet.
3. Leap as high in the air as you can, like a frog. Repeat the position several times, seeing how high you can jump.



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# Standing Forward Bend



## Instructions:

1. From Mountain Pose, bend forward from the hips; keep your legs as straight as possible without locking your knees.
2. Reach your hands down to the floor, and if you can, place your palms on the floor. Try to bring your forehead to your shins.
3. Slowly straighten back up to standing.



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# Chair



## Instructions:

1. From Mountain Pose, raise your arms overhead so that your biceps are by your ears and your palms facing inward.
2. With your feet no wider than hip-width apart, push your hips and bottom back and bend your knees like you are going to sit in a chair. If your strength allows, lower until your thighs are nearly parallel to the floor.
3. Try to keep your torso upright and your back flat.
4. Make sure your knees stay directly over your ankles.



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