

Movement Techniques for Adolescents

Warrior I Pose

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; energizes and grounds; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure Warrior I:

1. Starting in **Mountain** pose, take your left leg behind you about 3 feet and bend your right knee so that the knee is tracking over the ankle.
2. Inhale and lift your arms overhead so that you are balanced evenly into the hips, which are square to the front, bent right knee.
3. Your right knee is bent at 90 degrees and the right knee is over the ankle and your back left foot is flat and angled slightly inwards.
4. Notice the placement of your arms, the inner arms should hug near your ears and shoulder blades are low down your back with shoulders away from your ears.
5. Take 3-5 deep breaths while holding this pose.
6. Exhale and step your left foot up towards the right foot while straightening your front right leg so that you come back into **Mountain** pose.
7. Repeat using your left leg.

Extensions:

Warrior I - Confidence/Courage/Strength: While doing **Warrior I** face another person and notice how strong each of you looks; while in the pose give your partner examples of when you are confident, courageous and strong; these examples might be shared with the group as well.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body, but will also raise the heart rate.

Middle Schoolers: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. Students can place themselves in a circle and the Flow Series can be practiced this way. If the Flow Series is done this way the Middle School Students will enjoy a community feel to their practice, and they will also be able to help lead the different poses in the Flow Series.

High Schoolers: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. High School students, who are comfortable with it, may be able to lead the Flow Series. This will help with leadership skills, but will also reinforce the courage/confidence/strength aspects of the Warrior poses.

Movement Techniques for Adolescents

Warrior II Pose

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure Warrior II:

1. Starting in **Mountain** pose, take your left leg behind you about 4 feet.
2. Turn your body so that your hips are squared to the front, and bend your right knee so that the knee is tracking over the ankle and you have an external rotation in your right hip.
3. Your right knee is bent at 90 degrees and the right knee is over the ankle and your back left foot is flat and angled slightly inwards.
4. Your extended arms lengthen out from the space between your shoulder blades, parallel to the earth with palms facing downwards.
5. Turn your gaze towards your right outstretched hand if this is comfortable for you.
6. Take 3-5 deep breaths in this pose.
7. Exhale and unbend your right knee then step your feet together into **Mountain** pose.
8. Repeat using your left leg.

Extensions:

Warrior II: As students hold Warrior II pose explain that the back hand represents the past and the front hand represents the future. We always want to be aware of our past and the effect it has on us, and we also want to be aware of our future goals. In this pose, we keep our eye gaze towards the future, but it is important for us to be aware of the hand and arm that represent our past – just like we do in life. As we don't want to be stuck in the past, nor do we want to focus too far into the future, we keep our weight balanced in the middle, through the hip area, which we could say represents the present moment – the here and now.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body, but will also raise the heart rate.

Middle Schoolers: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. Students can place themselves in a circle and the Flow Series can be practiced this way. If the Flow Series is done this way the Middle School Students will enjoy a community feel to their practice, and they will also be able to help lead the different poses in the Flow Series.

High Schoolers: All the Warrior poses are strengthening, grounding and energizing. For this age group the **Warrior Flow Series** can be practiced which will help with creating strength and increasing energy while also encouraging a grounded perspective. High School students, who are comfortable with it, may be able to lead the Flow Series. This will help with leadership skills, but will also reinforce the courage/confidence/strength aspects of the Warrior poses.