

Gardening Yoga

* remember to always start with some gentle stretches *

- **First we must roll away all the stones:** Sit with knees bent, feet on the floor and hug your legs in close to your body. Tuck your chin to your chest. Lift your feet and balance. Roll back on your spine (never further than your shoulders) and back up again. Repeat several times.
- **Now the tall grass needs to be cut:** Come to a sitting position on your knees. Hold your arms out to your sides slightly raised and twist at your waist as you swing your arms left to right.
- **The hay is ready to bale:** Lie on your back with legs straight and arms at your sides. Begin rolling yourself from side to side while remaining straight. If you have lots of space, you can flip from back to stomach and keep rolling.
- **Time to plow the earth:** Lie on your back. Bend your legs into your chest. Straighten them up to the ceiling. Raise your lower back off the floor as you bring your legs over your head. Try to touch your toes to the floor. If you can't, hold your legs parallel to the floor. You can support your back by putting your hands on your lower back with elbows resting on the floor.
- **Ready to plant seeds:** Sit on your knees and place your forehead on the floor, arms at your side. You are a tiny seed in the ground. Feel how dark and quiet it is. Take several deep breathes.
- **Time to grow:** As you feel the warm sun reach you, start to slowly rise up so that you are sitting tall on your knees. Reach your arms high over your head. Sway side to side as a gentle breeze blows. Here comes the rain. Now bend forward and touch your hands to the floor. Come back up and reach up high. Repeat several times. As you feel the warm sun come out again, reach your arms up high and lean back slightly. Continue this process growing taller and taller each time (kneeling - squatting - standing).
- **Not that your garden has grown, heres comes the critters:**
 - bee: Sit with legs crossed. Raise your arms slightly out to your sides. Make a buzzing sound as you beat your wings in small but fast flaps.
 - butterfly: Now bring the soles of your feet together in front of you and hold your ankles. Gently flap your bent legs up and down.
 - frog: Come into a squat position with heels close together and fingertips on the floor in front of you. Inhale as you straighten your legs, keeping your head close to your body (like you're looking through your legs). Exhale as you move back into the squat position, head facing forward. Repeat several times. Now hop up high!
 - snake: Lay on your stomach, hands flat on the floor under your shoulders. Push your upper body off the floor and stretch your head back as far as is comfortable, hissing like a snake. Lower back down and repeat.
- **Time to wash up:** We must wash all our gardening clothes so into the dryer they go! Sit with legs crossed. Raise your arms and put your hands on your shoulders, elbows out to the sides. Begin twisting side to side, breathing in as you twist to one side and out to the other. Make swishing sounds as you exhale.
- **Now you must dry your clothes:** Remain sitting. Bring your arms in front of your chest and begin circling them around each other. See how fast you can go. Tumble those clothes round and round until they're dry!
- **Your work is done:** It's time to rest. Lie on your back, legs out straight and arms down at your sides. Raise your legs straight up toward the ceiling and begin scissoring them back and forth. Pretend you are walking across the ceiling to your resting spot. When you've arrived, lay back down straight on the floor, arms at your sides with palms up. Take several deep full breaths and relax.

