4 WEEKS OF NATURE-THEMED YOGA

Includes links to mindfulness and movement videos in partnership with *Pittsburgh Parks Conservancy and Venture Outdoors*
As Allegheny county enters the “green” phase of our COVID-19 protocol, we realize that going out in public still isn’t ideal for everyone. We’re here to bridge the gap with virtual mindfulness and meditation. Practice in the safety of your own home or outside in a socially-distanced manner.

This series of nature-themed yoga videos is great for beginners as well as anyone looking to move. You will learn about poses, movement, and how to breathe. Yoga looks different for everyone and we value mindfulness and movement that is thoughtful and accessible.

Special thanks to Pittsburgh Parks Conservancy and Venture Outdoors for their partnership with this 4-week series.
CONTENTS

a practice a day

4 Special Tips
5 Week 1 Videos
6 Week 2 Videos
7 Week 3 Videos
8 Week 4 Videos
9 Printable: Yoga Scavenger Hunt
10 About Open Up
SPECIAL TIPS
for practicing at home

Flexible Practice
It can be hard to find time to practice when our schedules are constantly changing. We’ve made it simple by offering one video for each week day!

No Mat, No Worries
If you don’t have a yoga mat, that’s OK! Try practicing on a rug or other non-slippery surface. You may want to take off your socks!

Wear Headphones
Sometimes background noise at home can be a little distracting. Try wearing headphones to help focus.

Practice with the Family
If they’re available during your practice time, invite family members and caregivers to join in.

Click the Title Links
Click the title under each day of the week and you’ll be linked to the corresponding YouTube video.

Have Fun
Most importantly, have fun! And remember, listen to your body.
WEEK 1

Day 1
Blowing Bubble Breath
Ages 2 - 12 | 6 Minute

Day 2
Nature Meditation
ASL | Seated Mindfulness
All Ages | 8 Minutes

Day 3
Garden Yoga
Adults | Standing | 5 Minute

Day 4
Pose Study: Boat Pose
All Ages | 6 Minute

Day 5
Rainy Day Meditation
ASL | Seated Mindfulness
All Ages | 7 Minutes

Hint: Click the title under each day of the week and you’ll be linked to the corresponding YouTube video.
WEEK 2

Day 1

**Dandelion Breath**
All Ages | 5 Minute

Day 2

**Flow with Nature**
ASL | Ages 2 - 12 | 10 Minute

Day 3

**Flower Blooming**
ASL | Gentle Movement
All Ages | 6 Minute

Day 4

**Bridge Play**
Floor | Partner Yoga | All Ages
6 Minutes

Day 5

**Lotus Flower Mindfulness**
All Ages | 4 Minute

Back to Contents
WEEK 3

Day 1

The Ocean
ASL | Fun Gentle Movement
Ages 2 - 7 | 6 Minute

Day 2

Weather Poses
ASL | Floor Yoga | Ages 2 - 12
4 Minute

Day 3

Mindfulness with a Plant
ASL | All Ages | 5 Minute

Day 4

Tree Pose
ASL | Wall Standing | All Ages
6 Minute

Day 5

River Flow
ASL | Seated Mindfulness
Ages 2-12 | 8 Minutes
WEEK 4

Day 1

Ocean Breath
ASL | Seated Mindfulness
All Ages | 7 Minute

Day 2

Flower Poses
All Ages | 9 minute

Day 3

Garden Yoga
Adults | Stand to Seated
7 Minute

Day 4

Bike Trail
All Ages | 10 Minute

Day 5

Stone Meditation
ASL | Seated Mindfulness
All Ages | 6 Minute

Back to Contents
Get outside! Simultaneously search for Pittsburgh icons and practice these yoga poses. Share your photos with us on Instagram by tagging #OpenUpPittsburgh.

<table>
<thead>
<tr>
<th>Yoga Pose</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Pose</td>
<td>Try near one of our three rivers</td>
</tr>
<tr>
<td>Inclined Plane Pose</td>
<td>Practice within sight of an Incline</td>
</tr>
<tr>
<td>Eagle Pose</td>
<td>Attempt in front of the National Aviary</td>
</tr>
<tr>
<td>Buddha Squat</td>
<td>Practice in a baseball field (mimicking a catcher)</td>
</tr>
<tr>
<td>Bridge Pose</td>
<td>Try this near a bridge</td>
</tr>
<tr>
<td>Create Your Own</td>
<td>Make your own yoga pose to represent a Pittsburgh icon</td>
</tr>
</tbody>
</table>

Print me!
OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

COMMUNITY CLASSES
Popping up in accessible spaces to provide inclusive programming with unique opportunities to reimagine a joyful and connected practice.

RYT 200 TEACHER TRAINING
Ability-inclusive credentialing program designed to center people living with disabilities. Yoga Alliance approved.

YOGA IN SCHOOLS
(PreK-12) Building self-awareness and self-regulation through fun movement and mindfulness exercises that are tailored to fit the needs of each classroom.

SOCIAL MINDFULNESS
Building interpersonal awareness through self-reflection and improvisational theater games in group settings or professional development workshops.

info@openuppittsburgh.com | www.openuppittsburgh.com
We’d love to see you again soon! We are constantly creating new content related to mindfulness and movement. Please visit our website frequently for new movement books.

Have a virtual class idea for your community or social group? Please contact us to share your suggestion.

info@openuppittsburgh.com | www.openuppittsburgh.com

Special thanks to our partners at Sign Language Interpreting Professionals (SLIP) for their assistance with closed captioning.

www.slipasl.com | 412.400.2021 x1002