



Waldo County 4-H Program
992 Waterville Rd, Waldo, ME 04915
(207) 342-5971 Ext
(800) 287-1426 toll free in Maine
(800) 287-8957 TDD
sadee.mehuren@maine.edu
joyce.weaver@maine.edu

Putting knowledge to work with the people of Maine

Family Yoga Session

Purpose of activity: The purpose of a family yoga session is to teach your family how to use yoga as a tool to improve your health and relieve stress.

Materials:

- Comfortable clothes
- Yoga mat (optional)

Instructions:

1. To complete the family yoga session, gather your family and friends into a space where there is enough room for you all to stand arms width apart.
2. If you have enough yoga mats for everyone in your family, each person can use a yoga mat, but they are not necessary.
3. Practice yoga positions such as downward dog, warrior, tree, and seated twists. For a family friendly yoga lesson to follow along with visit 4-h.org/yoga.

Extended Challenge:

- Try inviting your friends to participate in this activity with you through a video conference.
- Practice some yoga poses that incorporate multiple members of your family.