**Bilingual yoga como recurso AICLE para Educación Física Octubre 2020**

**Warm up**

Typical movements on the spot

Neck stretches / eye stretches

Arm stretches

Garudasana – the eagle

**Mind break (L-shape with hands/ dolphin and snake)**

**Suryanamaskar – sun salutation**

**Standing postures**

Talasana- mountain (breathing ) Kapalbhati -fire breath

Uttanasana – forward bend

Adho Mukha Shvanasana – downward facing dog

Trikonasana – triangle /variant twisted

Virabhadrasana – warrior / variant twisted

Ardha Chandrasana – half moon

Prasita Padottasana – wide legged forward bend /variant hands behind back

Parsvottasana – ostrich

**Balance**

Vrksasana – tree

Dandayamana dhanurasana – standing bow

**Strength**

Bakasana – crow

Malasana - squat

**Lying postures**

Apanasana – knees to chest posture

Setubandhasana – bridge

Sarvangasana – shoulder stand / Halasana- the plough

Pachimottasana – seated forward bend (peg)

Bhujangasana – cobra

Upavistha Konasana – wide angle forward seated bend

Baddha Konasana – the butterfly

Dhanurasana – the bow

Ardha matsyendrasana – half twist

Shirsasana – head stand

Savasana – corpse