

Garden Yoga

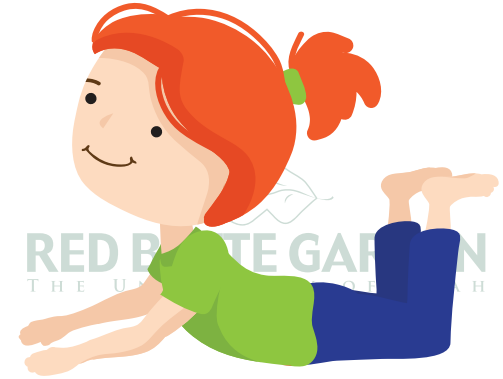
What do yoga and spending time in nature have in common? They both help calm the mind and strengthen the body. Try these garden-inspired yoga poses to help bring peace to your mind and health to your body. For added fun, try the moves outside in a garden, park, or other natural setting. Don't forget to share your workout with us on social media using #redbutte garden. Namaste!



Tree



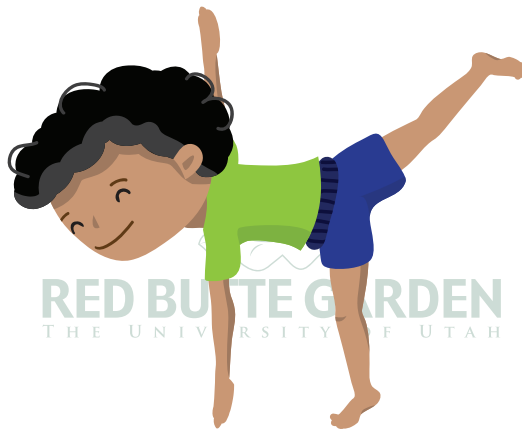
Lotus



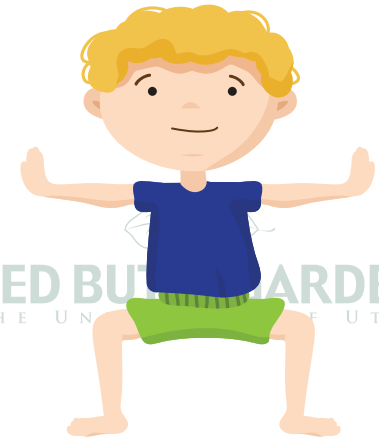
Caterpillar



Baby Bird



Butterfly



Shrub



RED BUTTE GARDEN
THE UNIVERSITY OF UTAH

Garden Yoga

Yoga combines gentle movements and stretches with breathing and mindfulness. Move slowly through each pose and try to hold each movement for 3 breaths. The goal of yoga isn't to perform each move perfectly, but rather to be in the moment and enjoy the experience. Try to let your body and mind relax as you move through each pose.



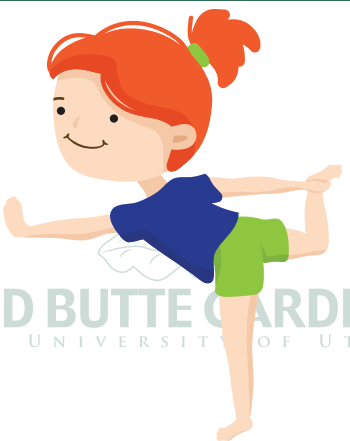
One-Legged Sprinkler



Planting Seeds



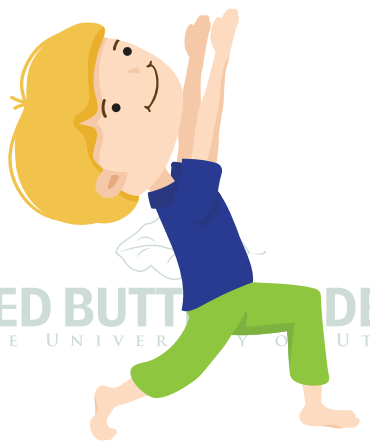
Root



One-Legged Flower



Inspecting the Ants



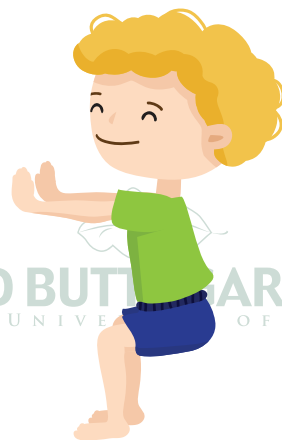
Upward Growing Sprout

Garden Yoga

Create your own yoga workout by cutting out each square, shuffling the cards, and drawing 5 cards from the deck. Next, perform each of the 5 poses in a sequence, moving from one right into the next. Repeat the series 3 times for a relaxing yoga workout. Don't forget to hold each pose for 3 breaths before switching to a new move.



Ladybug



Sitting Bird



**Reclining
Rollie Pollie**



Vine

**Create your
own pose
using a
plant as
inspiration.**



**Create your
own pose
using an
animal as
inspiration.**

