

bedrock YOGA BINGO

B	I	N	G	O
Do a Restorative Pose before bed (legs up the wall, restorative child, etc.)	Meditate for 5 minutes	Take a 20 minute walk outside	Post a picture doing your favorite pose on Facebook (tag bedrock YOGA)	Treat yourself to a massage, bubble bath, or your favorite form of self-care
Do yoga with a different generation (older or younger-at home, or take a class)	Wear your favorite yoga-themed t-shirt to class	Practice a pose with a partner (at home or in class)	Practice Pranayama (breathing techniques) during your commute	Meditate for 5 minutes
Take 2 classes in one week (makeups count!)	Teach a friend, relative or mate a yoga pose	Free Space	Meditate for 5 minutes	Do a yoga pose outdoors
Bring a friend to class	Turn off your electronic devices for one hour	Read a book for pleasure	Do a 30 minute home practice (helpful hints on our website)	Smile at someone new
Check in at bedrock YOGA on Facebook	Do a 20 minute home practice (helpful hints on our website)	Hug someone you love	Give yourself a foot rub	Take a class you've never tried before

Play bedrock YOGA BINGO July 9-31st. Match 5 consecutive blocks in any direction & bring your BINGO card in for a free class pass!



Simple Home Practice

Do as much, or as little as you like. Please e-mail yoga@bedrockyoga.net with any questions. Enjoy!

Center

- Sit or lie in a comfortable position. Allow your body to settle and release into your mat
- Bring your attention to your breath.
- Count how many beats it takes to complete your inhalation. Extend your exhalation 2 beats longer than your inhalation.

Warm Up

- Squeeze both knees in to chest
- Windshield Wipers
- Extended Leg Stretch (Supta Padangusthasana)
 - Wrap belt around the sole of your foot, extend toward ceiling
 - Extend opposite leg along mat
 - Extend raised leg out to the side
 - Cross raised leg over your midline
- Eye of the Needle
 - Cross R ankle across L knee & flex R foot
 - Clasp hands behind L leg & draw L knee back toward shoulder
 - Repeat 2nd Side

Hands & Knees

- Cat/Dog Tilts
- Child's Pose
 - Walk fingertips over to right to stretch left side body
 - Repeat on second side
- Downward Facing Dog
 - Shift forward to Plank & back to Dog
 - Walk your hands to your feet into a Forward Fold

Standing Shoulder Stretches

- Shoulder Shrugs/Rolls
- Inhale your arms out & up (palms facing ceiling) 3 x
- Clasp Hands behind back, bend elbows & draw elbows together
- Eagle Arms

Sun Salutations (2 rounds each side)

- Forward Fold, Step right foot back to Lunge, Plank, Lower down, Cobra/Up Dog, Down Dog, Step Right foot forward to Lunge, Forward Fold
- Repeat Second Side

Standing Poses

- Tree

- Warrior 2
- Triangle
- Wide Legged Forward Bend

Quieting

- Simple Lying Twist-Draw knees in to chest, arms out in T formation & allow both knees to drop to one side for several breaths & then the other
- Legs Up the Wall
- Final Relaxation