AUTISM CONNECTION’S
DIGITAL BOOK
Includes links to mindfulness and movement videos
WELCOME, YOGIS

This series of yoga videos is great for beginners as well as anyone looking for movement. 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.
CONTENTS
a practice a day

4 Visual Schedule
5 Special Tips
6 Week 1 Videos
7 Week 2 Videos
8 Week 3 Videos
9 Week 4 Videos
10 About Open Up

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

<table>
<thead>
<tr>
<th>First</th>
<th>Mantra</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>we will practice a mantra to get us prepared for yoga</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Then</th>
<th>Breath</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>we will practice inhales and exhales to get our bodies and minds ready</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Next</th>
<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>we will move our bodies to wake them up and stretch our muscle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>And</th>
<th>Pose Study</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>we will create shapes with our bodies and notice how they feel</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Finally</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>we will practice resting our bodies and minds</td>
</tr>
</tbody>
</table>
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

Monday

Peace Begins with Me Mantra
Mindfulness Practice
All Ages | 3 minute

Tuesday

Gentle Wake Up Exercises
Floor Practice | All Ages
6 Minute

Wednesday

Colorful Breath
All Ages | 12 minute

Thursday

Gentle Movement
Floor Practice | All Ages
15 Minutes

Friday

Seated Sun Salutations + Seated Stretches
All Ages | 20 Minutes

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

Monday
Basic Yoga Postures & Flow
Teen and Adult | 15 Minute

Tuesday
Ocean Breath
Seated Mindfulness | All Ages
7 Minute

Wednesday
Gentle Balance & Strength
All Ages | 10 Minute

Thursday
Make a Move
Energetic Yoga | All Ages
5 Minute

Friday
Calm Down Yoga
All Ages | 5 Minute
WEEK 3

Monday

Garden Yoga
Adults | Standing | 8 Mins

Tuesday

Carefree Rest
Restorative | All Ages
8 Minutes

Wednesday

Sing OM
Mindfulness | Ages 2-12
6 Minutes

Thursday

Strong Yoga Flow
Teen & Adult | 12 Minute

Friday

Lotus Flower Mindfulness
All Ages | 4 Minute
WEEK 4

Monday
**Mindful Movement & Breath**
All Ages | 10 Minute

Tuesday
**Yoga Pose Study**
Floor Practice | All ages
19 Minute

Wednesday
**Heart Openers**
Teen & Adult | 13 Minute

Thursday
**Sunrise/Sunset Over the Bridges**
All Ages | 9 Minute

Friday
**Twist & Rinse | Energetic Movement**
Teens & Adults | 8 Minutes
### OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

<table>
<thead>
<tr>
<th>Community Classes</th>
<th>RYT 200 Teacher Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popping up in accessible spaces to provide inclusive programming with unique opportunities to reimagine a joyful and connected practice.</td>
<td>Ability-inclusive credentialing program designed to center people living with disabilities. Yoga Alliance approved.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga in Schools</th>
<th>Social Mindfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>(PreK-12) Building self-awareness and self-regulation through fun movement and mindfulness exercises that are tailored to fit the needs of each classroom.</td>
<td>Building interpersonal awareness through self-reflection and improvisational theater games in group settings or professional development workshops.</td>
</tr>
</tbody>
</table>

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