4 WEEKS OF NATURE-THEMED YOGA

Includes links to mindfulness and movement videos in partnership with Pittsburgh Parks Conservancy and Venture Outdoors
WELCOME, YOGIS

As Allegheny county enters the “green” phase of our COVID-19 protocol, we realize that going out in public still isn’t ideal for everyone. We’re here to bridge the gap with virtual mindfulness and meditation. Practice in the safety of your own home or outside in a socially-distanced manner.

This series of nature-themed yoga videos is great for beginners as well as anyone looking to move. 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.

Special thanks to Pittsburgh Parks Conservancy and Venture Outdoors for their partnership with this 4-week series.
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a practice a day

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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.
Day 1
Blowing Bubble Breath
Ages 2 - 12 | 6 Minute

Day 2
Nature Meditation
ASL | Seated Mindfulness
All Ages | 8 Minutes

Day 3
Garden Yoga
Adults | Standing | 5 Minute

Day 4
Pose Study: Boat Pose
All Ages | 6 Minute

Day 5
Rainy Day Meditation
ASL | Seated Mindfulness
All Ages | 7 Minutes

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

Day 1
Dandelion Breath
All Ages | 5 Minute

Day 2
Flow with Nature
ASL | Ages 2 - 12 | 10 Minute

Day 3
Flower Blooming
ASL | Gentle Movement
All Ages | 6 Minute

Day 4
Bridge Play
Floor | Partner Yoga | All Ages
6 Minutes

Day 5
Lotus Flower Mindfulness
All Ages | 4 Minute
WEEK 3

Day 1

**The Ocean**
ASL | Fun Gentle Movement
Ages 2 - 7 | 6 Minute

Day 2

**Weather Poses**
ASL | Floor Yoga | Ages 2 - 12
4 Minute

Day 3

**Mindfulness with a Plant**
ASL | All Ages | 5 Minute

Day 4

**Tree Pose**
ASL | Wall Standing | All Ages
6 Minute

Day 5

**River Flow**
ASL | Seated Mindfulness
Ages 2-12 | 8 Minutes

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WEEK 4

Day 1

**Ocean Breath**
ASL | Seated Mindfulness
All Ages | 7 Minute

Day 2

**Flower Poses**
All Ages | 9 minute

Day 3

**Garden Yoga**
Adults | Stand to Seated
7 Minute

Day 4

**Bike Trail**
All Ages | 10 Minute

Day 5

**Stone Meditation**
ASL | Seated Mindfulness
All Ages | 6 Minute

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Print me!

**YOGA SCAVENGER HUNT**

Get outside! Simultaneously search for Pittsburgh icons and practice these yoga poses. Share your photos with us on Instagram by tagging [#OpenUpPittsburgh](https://www.instagram.com/OpenUpPittsburgh).

<table>
<thead>
<tr>
<th>River Pose</th>
<th>Inclined Plane Pose</th>
<th>Eagle Pose</th>
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</thead>
<tbody>
<tr>
<td>Try near one of our three rivers</td>
<td>Practice within sight of an Incline</td>
<td>Attempt in front of the National Aviary</td>
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<tr>
<th>Buddha Squat</th>
<th>Bridge Pose</th>
<th>Create Your Own</th>
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<tbody>
<tr>
<td>Practice in a baseball field (mimicking a catcher)</td>
<td>Try this near a bridge</td>
<td>Make your own yoga pose to represent a Pittsburgh icon</td>
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# OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

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<tr>
<th>COMMUNITY CLASSES</th>
<th>RYT 200 TEACHER TRAINING</th>
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<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>
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<th>YOGA IN SCHOOLS</th>
<th>SOCIAL MINDFULNESS</th>
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<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>
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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