

Focus Cycle

With **Yogilli™**



Who is Yogilli?

Yogilli is a happy and friendly yogi who loves mindful and healthy living, making friends, and learning new things. Yogilli is especially interested in learning and teaching techniques for balance and focus. Yogilli is excited to share cyclic yoga for everyone to enjoy.

How to Do the Poses

1. Sit criss cross, palms together, focus by rubbing your hands together. Lay your hands on your head.
2. Thumbs cover ear holes and fingers to your head. Hum like a bee for as long as you can.
3. Arms above your head, fingers laced together, and palms face your head, stretch up. Now hands flat on the mat behind you, chest up to the sky and look behind you.
4. Move to cat pose, arch your back and look up while breathing in. Look down and arch the other way, breath out. 3 times.
5. Dog pose. start on your hands and knees. Palms flat to the floor, feet flat to the floor, lift your hip up and make an upside down triangle. Stretch your chest toward the ground. Stretch your calves.
6. Child pose, sit on your knees, touch the top of your head to the floor, arms stretch in front of you.
7. return to the first pose.

Age

+2 to +99 😊

When to Use this Cycle

- When you need to focus on new learning or an academic test
- When your mind is busy or anxious and you want it to be calmed

Benefits

- Helps to focus the mind, quiets the mind
- Release tension
- Helps with self regulation
- Oxygenates the body
- Readiness for learning and paying attention

Time needed

Total time will vary by age group and familiarity with the cycle. Try to hold each pose for the same amount of time. Start with 3 seconds, and go up to your comfort level (up to 15 seconds).

www.yogilli.com

Please contact us with your suggestions and feedback once you have utilized our yogilli poster. Email us at info@yogilli.com