

# Warm-up 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. Mountain: Stand tall, keep feet flat to the floor and shoulder width apart. Chest is strong and upward.
2. Sunrise: Arms start by the sides, and stay straight while hands make an arc until they are above the head. Gaze and palms face forward.
3. Sunset: With chest forward and arms straight, reverse the arc downward, Back is straight. Bend down at the hip until arms are extended toward the floor.
4. Star: Roll up gently. Arms extend out from shoulder. Feet are wide but comfortably apart.
5. Balloon: Hands above the head, making a circle. Finger tips touch to make a balloon. Breathe in when arms go up, breathe out as hands go down.

## Age

+2 to +99 😊

## When to Use this Cycle

- At the start of the day
- When transitioning between activities

## Benefits

- Simple warm up of the mind and body
- Learning and practicing following directions
- Developing self-regulation

## Time needed

Total time will vary by age group and familiarity with the cycle. Try to hold each pose for 3 seconds.

[www.yogilli.com](http://www.yogilli.com)

Please contact us with your suggestions and feedback once you have utilized our yogilli poster. Email us at [info@yogilli.com](mailto:info@yogilli.com)