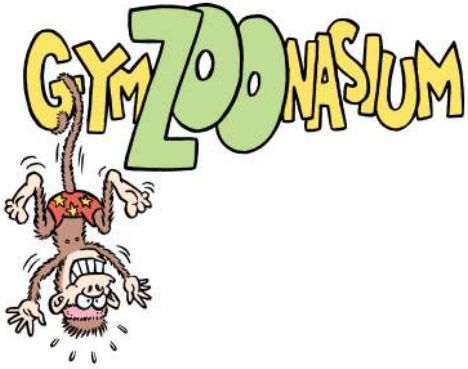




A PLACE FOR DRAGON



8m 32s

Dragon is all worn out! Join us on a journey to find somewhere dark, quiet and calm for dragon to rest, so he will feel happy again.

This session is categorised as: Calming, Flexibility, Yoga, Breathing Exercise

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dragon Breath	Do Dragon Breath seated		Make each dragon breath longer and more powerful (trying to breathe your fire out further each time)	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lizard Push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands).	Do Lizard Push-ups... - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down), or - Standing, with your hands against a wall	* Try Lizard Push-ups with your hands on a pillow. * Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood (NOT like a wriggly worm).	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wriggly worm). Bend and straighten the elbows to achieve the movement
Snake Strike	Squeeze your tummy and lift one leg up off your chair	Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	* Feet and knees hip-width apart * Neck and shoulders relaxed * Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.
Eagle Twist	Just do the upper body part of the Eagle Twist	* Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. * Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply



Movement	Seated modifications	Other modifications	Progressions	Watch points
Spider Spin	Do Spider Spin seated	Stick your thumbs together and your pinkies together. Rotate both hands towards you, until your fingers are pointing up. Rotate your hands away from you until your fingers are pointing down. Keep repeating.	* Try Spider Spin with your eyes closed * Try doing Spider Spin behind your back	* At least one thumb and pinkie touching at any given time * Hands rotating in opposite directions
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight