



How to Use the Happy Poses Cards

Stop and check: These exercises are not for those with pregnancy or major health issues. Check with a health care professional to make sure these exercises are appropriate for you.

Stop with pain: If there is any pain while exercising, stop immediately. Get medical help.

Mix it up: You may vary the order of the exercises, but usually one starts with Mountain Pose and finishes with the Rest and Restore Pose.

Pick a few: For a stretch break in a classroom, workplace or recreational area, pick a few poses appropriate for your needs, location and environment.

Exercise Stations: These cards can be posted for exercise stations, so people may use them according to their own pace and schedule.

Affirmations (positive statements): Repeat to yourself the affirmations on each card. For example, in *Star Pose*, say to yourself, "I am a star!"

Shoes on or off? It can be easy to slip, especially in socks. Some people keep shoes on if there is no mat, or use bare feet.

Stand or sit: If you prefer to sit, you may modify the exercises to your needs while sitting in a chair or on the floor as is comfortable for you. Use a wall for support, or props and pillows as needed to find comfort and stability. Some of the exercises may be done while lying on the floor for more comfort.

Move slowly and breathe: Focus on the breath as you do the exercises. Generally, one breathes through the nose with the mouth closed. The breath should be slow and even. Move the body only as far as comfortable, and rest between exercises. Find comfort and stability while in the poses.

Listen to your body: Never strain. If you are breathing hard through the mouth, stop and rest. Move gently and stop where your body tells you.

Time of day: It's best to do 10-15 minutes of exercise in the morning. Daily exercise is suggested, according to your body's needs.

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