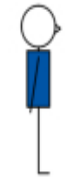
## Valentines Yoga: All You Need Is Love And Yoga

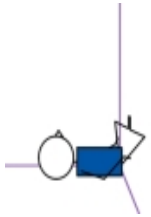
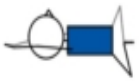
| Image | Pose | Description |
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| | Heart Openers | Heart opening poses create freedom and space around your heart. They make room for you to love more. |
|  | Mountain | Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.<br>**Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.<br>**Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0<br>**Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-<br>**Precautions :** Avoid locking the knees out (allow your knees to soften). |
|  | Mountain Palm Lock | Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Raise hands and bring shoulder blades together. Gaze up. Feel chest opening. Hold.<br>**Benefits:** Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture.<br>**Video:** https://www.youtube.com/embed/2HTvZp5rPrg |

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|  | Standing Backbend Arms Up | Start in Mountain. Raise arms overhead. Squeeze thighs and buttocks. Press hips forward and slowly arch back. Keep legs and buttocks engaged.<br>**Benefits:** Stretches sides of torso, spine. Stimulates abs.<br>**Video:** https://www.youtube.com/embed/Sjnsyy-sPBc<br>**Modifications:** Drop head back.<br>**Precautions :** Back or neck injury. |
|  | Five Pointed Star | From standing (Mountain), step feet out wide. Arms out to side. Palms face down. Press weight into feet. Straighten legs and squeeze thighs. Tuck tailbone. Feel legs rooted into floor. Reach out through fingertips. Relax shoulders down and back. Open chest. Reach crown of head up to ceiling. Look straight ahead (chin parallel to floor). Inhale into belly and chest. Exhale press into feet, fingers and crown, feeling body expanding out in 5 directions. To release, bend knees and step into Mountain.<br>**Benefits:** Lengthens, opens and energises whole body.<br>**Video:** https://www.youtube.com/embed/2NJTEy88vUo<br>**Modifications:** Place hands on hips. |
|  | Fig Tree | Stand in Mountain pose. Inhale, lift left leg behind. Raise right hand. Raise left arm to the side, and turn left palm towards floor. Hold. Return to start. Repeat on other side.<br>**Benefits:** Increases blood circulation. Boosts energy levels within the entire body.<br>**Video:** https://www.youtube.com/embed/279RwV8g-D8<br>**Modifications:** Bring raised foot into Tree pose position. |

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|  | Crescent Moon | Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.<br>**Alternatives:** High Lunge.<br>**Benefits:** Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.<br>**Video:** https://www.youtube.com/embed/2pCcmxQSETc<br>**Modifications:** Move between bent and straight leg. Look up.<br>**Precautions :** Knee injury. |
|  | Cat Cow | Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.<br>**Benefits:** Stretches lower back. Engage care. Decompress spine.<br>**Video:** https://www.youtube.com/embed/kqnua4rHVVA<br>**Modifications:** Knee to chest. Raise leg or arm.<br>**Precautions :** Neck injury. |
|  | Camel Namaste | Kneel on floor, feet hip width apart. Bring palms together in Namaste. Lift chest and curve spine. Gently lead head backwards while engaging core. Thighs remain perpendicular to floor.<br>**Alternatives:** Camel. Half Camel.<br>**Benefits:** Stretches ankles, thighs, groin, abs, chest, throat, psoas.<br>**Video:** https://www.youtube.com/embed/-xfxwRTobUM<br>**Modifications:** Arms up.<br>**Precautions :** High or low blood pressure. Back or neck injury. |

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|  | Extended Child | On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.<br>**Benefits:** Stretches arms, shoulders, spine, hips.<br>**Video:** https://www.youtube.com/embed/eqVMAPM00DM<br>**Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.<br>**Precautions :** Knee injury. |
|  | Upward Facing Dog | From Cow Pose (on all fours in a tabletop position) drop hips forward toward floor. Press palms down into floor. Drop shoulders down and back. Press chest forward. Reach crown of head up to ceiling. Lift thighs and legs off floor by pressing tops of feet down and engaging mula bandha (a gentle upward tug in your perineum which is the space between genitals and anus). To release, bend knees and lift hips back to Cow pose.<br>**Benefits:** Alertness. Patience. Transformation. Confidence.<br>**Video:** https://www.youtube.com/embed/tbh0qyLJRaI<br>**Modifications:** A) Block under hands. B) Tuck toes under to lift legs higher. C) Sphinx pose. |
|  | Downward Facing Dog | Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.<br>**Alternatives:** Dolphin.<br>**Benefits:** Stretches spine, hams, shoulders. Calms nervous system.<br>**Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0<br>**Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.<br>**Precautions :** Pregnant. High blood pressure. Headache. |

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|  | Pelvic Floor Exercises | Pelvic floor exercises help with love-making and strengthen the muscles around your bladder, bottom, and vagina or penis. You can feel your pelvic floor muscles if you try to stop the flow of urine when you go to the toilet. |
|  | Squat | Stand upright with back straight. Feet shoulder width apart. Feet at 45 degrees. Bend knees. Squat as if you are about to sit on an invisible chair.<br>**Alternatives:** Horse pose.<br>**Benefits:** Hip opener. Strengthens thighs, buttocks, hamstrings.<br>**Video:** https://www.youtube.com/embed/IXpJEqssze8<br>**Modifications:** A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees.<br>**Precautions :** Knee injury. |

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|  | Reclined Bound Angle Wall | Lie on back close to a wall. Raise legs up the wall. Shuffle hips until hips touch wall and legs are straight. Bend knees and slide feet down. Bring soles of feet together. Lower knees as much as possible. Use hands as leverage to press thighs against wall.<br>**Alternatives:** Reclined Bound Angle.<br>**Benefits:** Pregnancy. Stretches inner thighs. Opens groins.<br>**Video:** https://www.youtube.com/embed/WAG-BtbWqdE<br>**Modifications:** Bolster under back.<br>**Precautions :** Knee injury. |
|  | Reclined Bound Angle II | Lie on back. Legs extended. Arms by sides. Palms facing up. Bend knees to bring soles of feet together together. The outer (pinky toe) edges of feet rest on mat. Let legs fall open. Allow gravity to support weight of legs. Check in with your body. If hips and groin are feeling tight, take feet further away from body. If you're feeling more open, bring feet closer toward body to deepen the stretch. Relax shoulders away from ears. Extend arms behind head with palms together. Allow back body to sink deeply into the mat.<br>**Benefits:** Stretches groin, thighs. Stimulates digestion. Relieves menstrual pain.<br>**Video:** https://www.youtube.com/embed/fHrvDweT9W8<br>**Modifications:** Arms by sides. |
|  | Bridge | Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis.<br>**Benefits:** Chest, neck, spine stretch. Reduces backache.<br>**Video:** https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0<br>**Modifications:** A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping.<br>**Precautions :** Knee or neck injury. |

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| | Partner Yoga | Partner yoga is a wonderful way to cultivate love, as it enhances communication through attentive listening to your partner's verbal and non-verbal cues, deepens your emotional connection, and adds a playful element to your practice. By working together, you can amplify the benefits of each pose, improving flexibility and fostering a greater sense of intimacy—both on and off the mat. |
|  | Engage Core I Partner | Sit back to back with knees up. Use core, arm, and leg muscles to rise up to standing.<br>**Benefits:** Core, arm and leg workout.<br>**Video:** https://www.youtube.com/embed/cHiIZvUCyo8<br>**Precautions :** Back or knee injury. |
|  | Seated Twist Partner | Sit cross legged, back to back with your partner. Reach arms up. Press into shoulder blades of your partner. Lower arms and bring palms together with your partner. Twist to right. Take hand to partner's thigh. Press down on your own thigh to give leverage to the twist. Repeat on other side.<br>**Benefits:** Relief from sciatica, lower back pain and neck pain.<br>**Video:** https://www.youtube.com/embed/y8IA_xtUjlc<br>**Precautions :** Back injury. |
|  | Seated Side Bend Partner | Partner A and B face each other in Wide Leg Seated Pose. Interlock right arms. Both A and B reach up with their left arm and bend to the side. Repeat on the other side.<br>**Benefits:** Stretches sides of torso and spine.<br>**Video:** https://www.youtube.com/embed/oEyCe0kniVg<br>**Precautions :** Back injury. |

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|  | Camel Partner | Partner A and B face each other in kneeling position. Interlock arms and bend backwards.<br>**Benefits:** Opens chest, spine, thighs. Strengthens arms.<br>**Video:** https://www.youtube.com/embed/oS3zSrhn7wE<br>**Precautions :** Back injury. |
|  | Elevator Partner | Stand facing your partner. Hold your partner by both wrists. Lean away so you're holding each other. Bend knees until you're fully in Squat Pose. Keep leaning away from each other. Straighten your legs to return to the start position. Repeat.<br>**Benefits:** Strengthens arms, core, and legs.<br>**Video:** https://www.youtube.com/embed/tNpZ9DZa9KI<br>**Precautions :** Wrist injury. |
|  | Closing | The final two poses, Knees to Chest Pose and Savasana, provide a soothing and restorative end to the Valentine-themed yoga lesson. Knees to Chest Pose gently massages the lower back, releasing tension, while Savasana allows for complete relaxation and integration of the practice. These poses help ground the body and calm the mind, offering a peaceful, reflective close to a heart-opening and connective session, making it a fitting conclusion for a love-centred practice. |
|  | Knees To Chest | Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.<br>**Benefits:** Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.<br>**Video:** https://www.youtube.com/embed/TVk4ht8V8J8<br>**Modifications:** Knee to chest. |

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|  | Savasana | Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.<br>**Alternatives:** Crocodile. Child.<br>**Benefits:** Tune into body. Calm. Tranquil. Inner Peace. Clarity.<br>**Video:** https://www.youtube.com/embed/YBe1nzunHJ0<br>**Modifications:** Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out). |

## Lesson Plan Description:

**Theme:** Valentines Yoga: All You Need Is Love And Yoga

**Aims:**

To promote physical and emotional connection through yoga, focusing on heart openers, pelvic floor exercises, and partner yoga.
To encourage self-love and appreciation, as well as connection with a partner, using yoga as a medium for shared experience and mindfulness.

**Objectives:**

Students will practice a sequence of heart-opening poses to enhance flexibility and open the chest area, promoting better posture and emotional well-being.
Students will engage in pelvic floor exercises to strengthen the core and pelvic muscles, improving overall stability and control.
Students will perform partner yoga poses to build trust, improve communication, and deepen their yoga practice through shared poses.
Students will learn to coordinate breath and movement, fostering a sense of harmony and relaxation.
Students will experience a blend of individual and partner-focused exercises, enhancing both personal and shared yoga practice.

**Love Quotes:**

Pick a love quote to tune into while practicing Valentines yoga.
*“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”* ― Martin Luther King Jr
*“Lovers don’t finally meet somewhere. They’re in each other all along.”* – Rumi
*“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”* – Helen Keller
*“Without Valentine’s Day, February would be…well, January.”* – Jim Gaffigan
*“What the world really needs is more love and less paperwork.”* – Pearl Bailey
*"When love is not madness, it is not love."* – Pedro Calderon de la Barca
*"All you need is love. But a little yoga now and then doesn't hurt."*
*"For it was not into my ear yoga whispered, but into my heart. It was not my lips you kissed, but my soul."*
*"Where there is great love, there is yoga in action."*
*"They invented yoga to let people know you love them without saying anything."*
*"Yoga, you are always new, the last practice was ever the sweetest."*
*"I'd kiss a frog even if there was no promise of a Prince Charming popping out of it. I love frogs. That's yoga."*
*“Roses are Red, Violets are Blue, My heart is Full of Love for yo...ga.”*
*“Roses are Red, Violets are Blue, I’ve never met anyone as beautiful as yo...ga.”*

You can create lesson plans like this using the Genie Lesson Planner