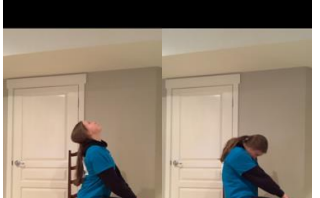

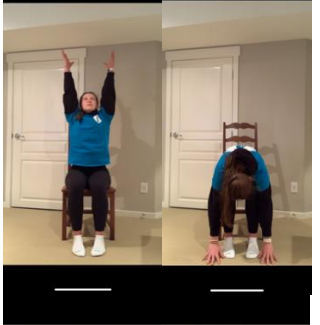




# Monday Mana



Activity	Duration	Notes
<ul style="list-style-type: none"> <li>Chair cat cows: arch as inhale, round as exhale</li> </ul>	10 each way	
<ul style="list-style-type: none"> <li>Overhead reach to floor touch: inhale as you reach up, exhale as you fold</li> </ul>	10 each way	
<ul style="list-style-type: none"> <li>T- Spine rotations from floor touch: inhale as you rotate and reach up, exhale to return to start</li> </ul>	10 each way	
<ul style="list-style-type: none"> <li>Chair warrior: inhale and bring your arms up, exhale and spread them, one in front and one behind. The same arm and leg go forward.</li> </ul>	3 deep breathes each side	
<ul style="list-style-type: none"> <li>Shavasana to finish: relax, reset. Simply seated in chairs in whatever position is comfortable, focusing on deep breathes.</li> </ul>	1 minute	

## COVID-19 Considerations:

Teachers and students please be advised that in some of these activities and games social distancing, and other proper COVID protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!