

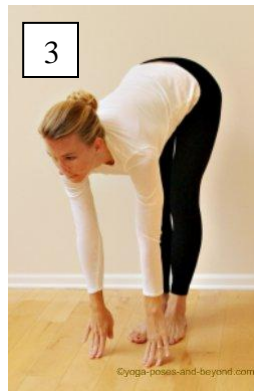
Yoga and Flexibility

Today we talked to your child's class about the importance of flexibility. When we sit for long periods of time, the muscles in our legs, hips, neck, and back can become very stiff. Practicing yoga is a great way to remain flexible and to reduce stress. Your child learned this simple routine. It's a great way to relax and is fun to do as a family!



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1. **Mountain Pose/Arms Over Head:** Begin by standing still with your arms at your sides. Then stretch your hands above your head. Inhale deeply as you stretch upwards.



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2. **Forward Bend:** Exhale as you bend forward from the waist/hips, keeping your legs slightly bent if the backs of your legs are tight. Let your arms dangle.



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3. **Monkey Pose:** From your forward bend, lift your head and look forward as you inhale. Flatten your back as you put your tips of your fingers on the floor or on your shins. Say "ooo ooo" like a monkey!

4. **Plank Pose:** Draw both legs back into plank pose. Make sure hands are under shoulders and back is straight. This pose makes your arms strong. Pull in your stomach to protect your back.



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5. **Cobra Pose:** Lower your chest to the floor and your chest forward and up. Feel the stretch in the front side of your body. Make a cobra "hiss".

6. **Downward Dog:** Press into your hands and feet to raise your buttocks into the air. Keep your core (stomach) strong. Bark "woof woof".



6

Here's a fun meal to make as a family:

Fiesta Casserole

1 lb. brown rice	½ cup chopped fresh cilantro
24 oz. cottage cheese	1 tablespoon cumin
16 oz. salsa	1 tablespoon chili powder
2 (15 oz.) cans black beans	1 lime
16 oz. shredded cheese, divided	



Preheat oven to 375 degrees. Cook rice according to package instructions. Rinse and drain beans. Mix cooked rice, cottage cheese, salsa, beans, ½ of the cheese, cilantro, cumin, chili powder and juice of lime together in a large bowl. Place in casserole dish. Cover and bake for 30 minutes. Sprinkle with remaining cheese and bake 10 more minutes. Serve with a side of salsa, chopped avocado, guacamole, low-fat yogurt or sour cream if desired.