

Nature begs us to slow down, quiet ourselves and be mindful. Yoga teaches us to let go of what may be bothering or worrying us, to just **be** in the moment. Practicing yoga-like poses inspired by nature offers a relaxing experience and a deeper connection to the natural world around us.

A yoga hike combines the fun and adventure of a nature walk with the mindful calmness of yoga. A yoga hike can happen anytime and in any greenspace. You just need a bit of nature and a few yoga pose ideas to get you started. (See suggestions on page 2)

As you notice something on your walk, such as a tree, a butterfly, a rock, do a pose that represents that object. Once in the pose, focus on your breathing. Breathe out easily to release the tension from your body and worries from your mind. Breathe in gently and deeply, to bring in the peaceful, stillness or beauty of the object on which you are focused. If you add movement to your pose, time it with your breathing. Here is an example of a pose:

Greet the Sun



Stand comfortably, with arms reaching over your head as if to catch the sun. Open your palms and turn your face up to feel the warmth of the sun making sure to close your eyes to prevent looking at the sun) The warmth you feel is the energy that powers all life on our planet. Breathe in gratitude for this energy. With your breath out, let go of tension. Hold this pose until you are ready to move on. As you walk try to think of a living thing that does not depend on the sun to sustain it in some way.

Greet the Sun—with movement



Begin by bending at the waist, head close to your knees and arms hanging loosely. As you breathe in, gently stand up straight with your arms at your sides. Exhale.



On your next breath in, bring your arms out to the side and up over your head, palms together. Exhale. Breathe in as you lift your palms and face to the sun. Follow the instructions above.



Continue on your hike, doing poses as you discover different things on your way.

Create your own poses and movements. Be inspired by the sounds you hear in nature. For example, when you hear a bird sing, hold a bird pose until you no longer hear that bird. What would a scolding squirrel pose look like? Make it a rainbow hike and try a pose for each colour of the rainbow. (ROYGBV, Red, Orange, Yellow, Green, Blue, Violet). Find something yellow and do the pose for that object. Keep going until you have found all the colours.

Yoga is beneficial to our overall well-being and offers so much more than physical poses. Learn more about yoga as a healthy, life-long practice.



Yoga-Inspired Pose Ideas

These are suggestions to get you started.

Hold the pose and remember to breathe. Add gentle movements and time them with your breathing. Imagine for the moment that you are the subject of the pose. What would it be like? For example, what would it be like to be a tree, to wake up in the same place every day, to sway in the wind, to have itchy insect under your bark, or birds singing in your branches?

Go wild and create your own poses for the different things you discover on your walk.



A tall tree



A cocoon



A seed



A dragonfly



A grasshopper



A twisted vine



A frog



A snail



A bee



A big rock



A butterfly



A flower



A short plant



A worm



A tall plant



A bird



A spider web



An ant hill