



challenge
+ change
teen yoga

THANK YOU

for choosing the **Challenge To Change, Inc. Teen Yoga** program. In giving your student this opportunity, you are instilling in them the importance of practice and peace. Learning the practices of yoga and meditation leads to greater patience and understanding as they become young adults.

Namaste,

Molly Schreiber

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BOAT POSE



BOAT POSE

BENEFITS

Improves balance and
digestion



Strengthens spine and core



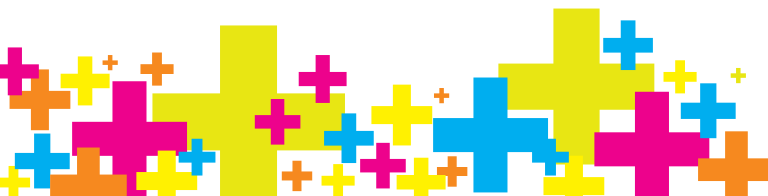
Helps relieve stress

Option: place hands beside
hips for support, or bring feet
to the mat





BOW POSE



BOW POSE

BENEFITS

Full stretch of the front and back body



Expands the chest to improve respiration



Improves posture



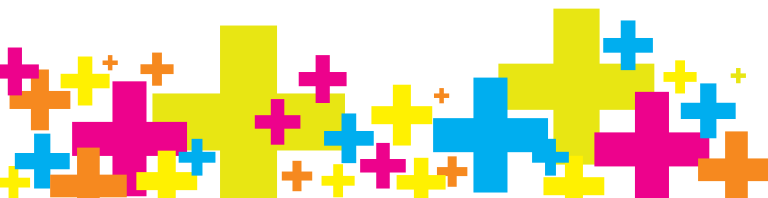
Increases energy



Option: Use a strap to help reach feet



BRIDGE POSE



BRIDGE POSE

BENEFITS

Reduces stress



Stretches chest, neck, spine,
and hips



Calms brain and nervous system



Improves circulation



Option: Rest your hips on the
ground or a block for support



BUTTERFLY POSE



BUTTERFLY POSE

BENEFITS

Improves posture



Strengthens thighs,
knees, and ankles



Stimulates circulation in low
body



Option: Bring a blanket or
block underneath tight hips



CAMEL POSE



CAMEL POSE

BENEFITS

Stretches the hip flexors,
abdomen, torso, and throat



Opens the chest and spine



Strengthens back muscles



Option: Keep hands at the low
back for more support



CAT POSE



CAT POSE

BENEFITS

Strengthens the muscles in the spine



Improved focus and stability



CHAIR POSE



CHAIR POSE

BENEFITS

Strengthens the ankles,
thighs, and spine



Stretches the shoulders and
chest



Stimulates the abdominal
organs, diaphragm, and
heart

Option:
Bring hands
to heart center





CHATURANGA/ LOW PUSH UP



CHATURANGA/LOW PUSH UP

BENEFITS

Strengthens arms, shoulders,
and abdominal muscles



Develops core stability



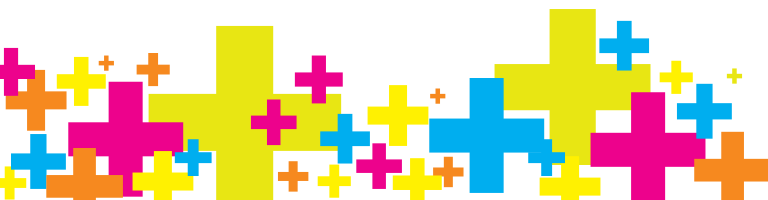
Prepares body for more
difficult poses



Option: Bring knees down for
more stability



COBRA POSE



COBRA POSE

BENEFITS

Strengthens the spine



Opens the heart, lungs,
and shoulders



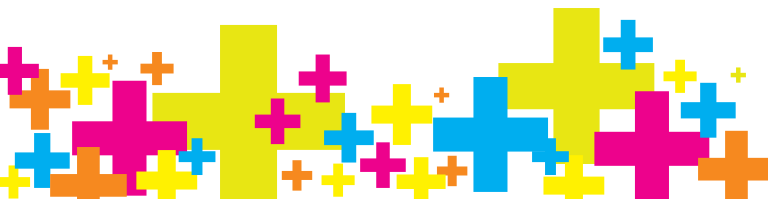
Relieves stress and fatigue



Option: Stay lower to the
mat for a gentler back
stretch



CHILD'S POSE



CHILD'S POSE

BENEFITS

Gently stretches the hips,
thighs, and ankles



Calms the mind to help
relieve stress and fatigue



Relieves pain and tension in
the back



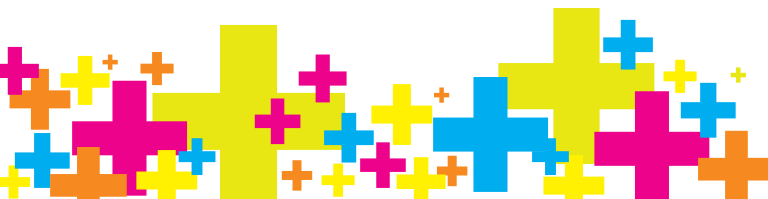
Helps ground and bring
awareness to breath



Option: Bring arms to sides



COW POSE



COW POSE

BENEFITS

Improves focus, stability, and
clarity



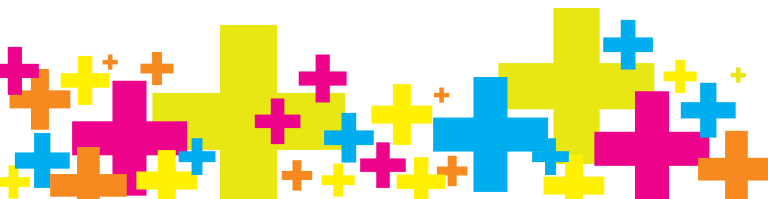
Increases circulation through
spine



Improves spinal flexibility



COW FACE POSE



COW FACE POSE

BENEFITS

Stretches hips, shoulders,
and triceps



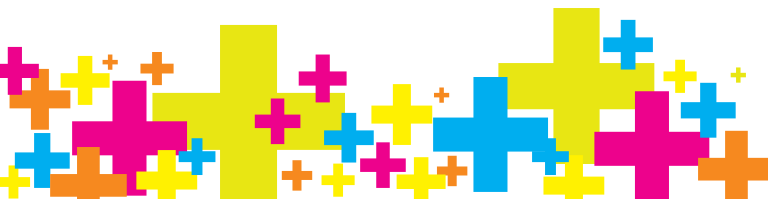
Strengthens spine and core



Relieves knee pain



CROW POSE



CROW POSE

BENEFITS

Strengthens arms and core



Builds endurance



Improves and challenges
balance



DANCER POSE



DANCER POSE

BENEFITS

Strengthens the legs and
spine



Improves balance



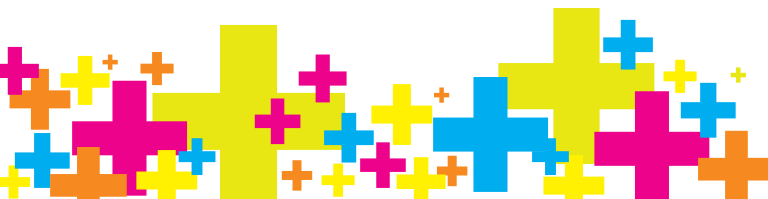
Increases concentration
and focus

Option: Remain
standing with foot in
hand





DOLPHIN POSE



DOLPHIN POSE

BENEFITS

Strengthens the arms



Opens shoulders and upper
back



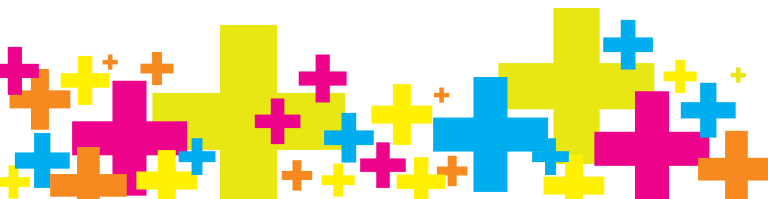
Calms the mind and can
help relieve stress and
depression



Prepares the body for
inversions



FIRELOG POSE



FIRELOG POSE

BENEFITS

Stretches hips and ankles



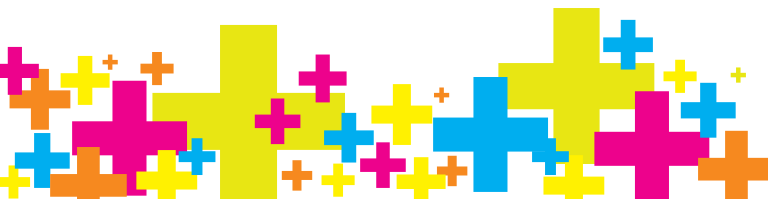
Strengthens spine



Calms brain and nervous
system



DOWNWARD FACING DOG POSE



DOWNWARD FACING DOG POSE

BENEFITS

Increases blood flow to the
upper body



Stretches the entire body



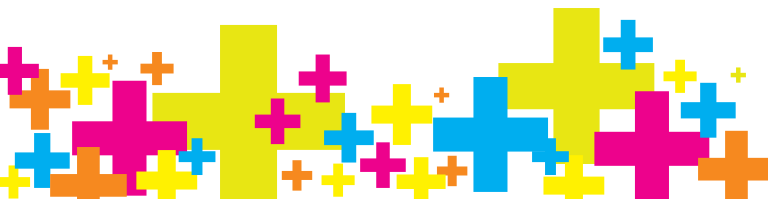
Strengthens arms, shoulders,
hands, hamstrings, calves, and
feet



Increases energy and improves
digestion



EASY POSE



EASY POSE

BENEFITS

Calms the mind



Strengthens the core



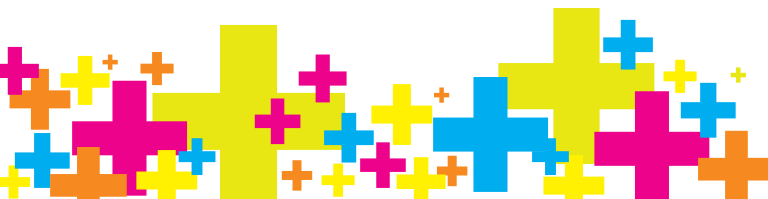
Gently opens the hips



Increases breath
awareness



EAGLE POSE



EAGLE POSE

BENEFITS

Improves balance and
concentration



Increases flexibility



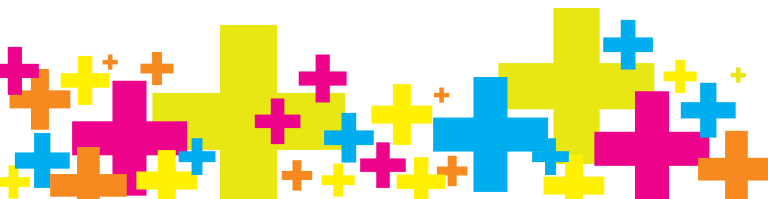
Strengthens the core

Option: If
shoulders are tight,
reach for opposite
shoulders instead
of palms wrapped





EMBRYO POSE



EMBRYO POSE

BENEFITS

Stretches hips, thighs, and ankles



Calms the mind to help relieve stress and fatigue



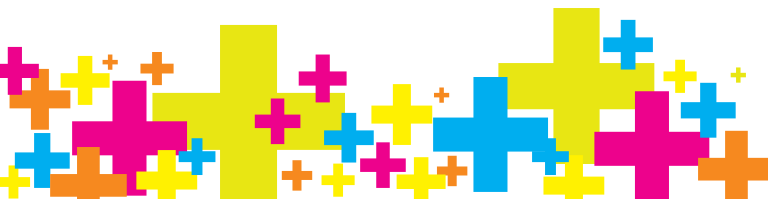
Aids in digestion



Option: If hips are tight, set blanket under forehead or sit bones



FIGURE FOUR POSE



BENEFITS

Challenges balance



Stretches hips



Improves focus and
concentration



Option: To deepen stretch,
sit back and bend standing
leg at knee



FISH POSE



FISH POSE

BENEFITS

Enhances energy levels



Stretches and stimulates core muscles and the neck



Strengthens the muscles of the upper back and neck



Improves posture



Option: For more support, set a rolled blanket under length of spine



FOREARM PLANK



FOREARM PLANK

BENEFITS

Builds strength in whole body



Improves posture



Increases endurance



Option: Bring knees to floor for more stability and support



FORWARD FOLD POSE



FORWARD FOLD POSE

BENEFITS

Stretches hips and hamstrings



Maintains spinal flexibility



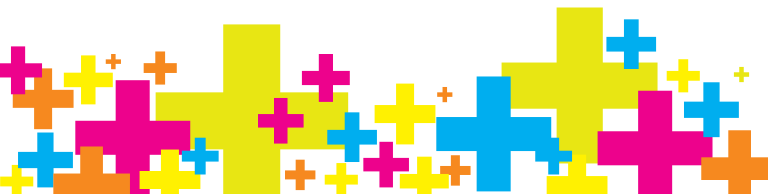
Reduces stress, anxiety,
depression, and fatigue

Option: Use
block
underneath
hands





GARLAND POSE



GARLAND POSE

BENEFITS

Stretches hip and groin



Strengthens spine and core muscles



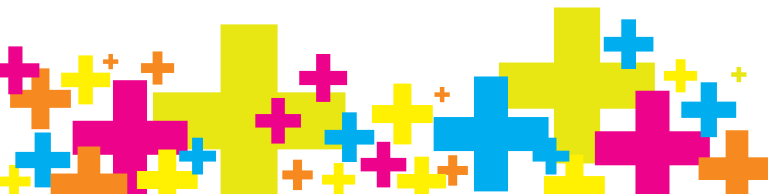
Releases deep muscle tension



Option: If hips feel tight, sit on block or rolled blanket



GATE POSE



GATE POSE

BENEFITS

Stretches side body and spine



Reduces shoulder and neck
pain



Challenges balance



Option: Hand to mat and
extend top leg



GODDESS POSE



GODDESS POSE

BENEFITS

Strengthens the legs and core



Promotes feelings of being
centered and grounded



Increases energy

Option: Hands at
heart center





GORILLA POSE



GORILLA POSE

BENEFITS

Stretches hamstrings and
calves



Stimulates digestive system



Relieves mild stress and anxiety



Option: Bring a deeper bend
into knees



HAPPY BABY POSE



HAPPY BABY POSE

BENEFITS

Releases low back tension



Opens hips and groin



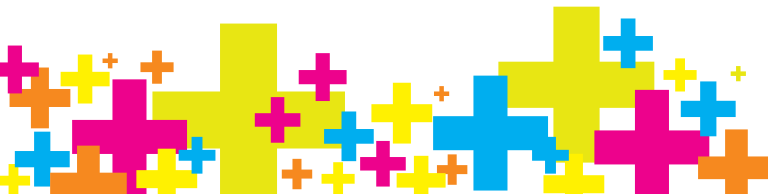
Relieves stress and fatigue



Option: Grab hamstrings or big toes for more or less intensity



HANDSTAND



HANDSTAND

BENEFITS

Strengthens the upper body



Lengthens the spine



Increases energy and focus



Promotes confidence



Option: Use a wall for more stability



HAND TO TOE POSE



HAND TO TOE POSE

BENEFITS

Strengthens the legs



Improves balance



Strengthens the core



Option: Use a strap to assist with reaching toes



HEADSTAND



HEADSTAND

BENEFITS

Strengthens the entire body



Can reduce insomnia and improve respiratory function



Relaxes the mind and can help relieve stress and mild depression



Option: Use a wall for more stability



HERO'S POSE



HERO'S POSE

BENEFITS

Strengthens and stretches ankles, knees, thighs, and arches of the feet



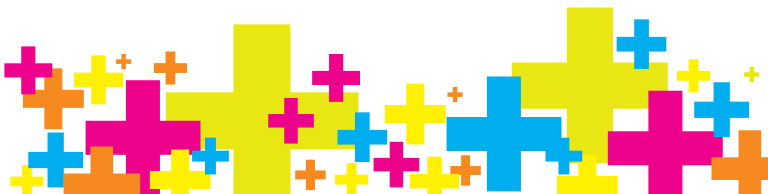
Improves digestion



Option: Use a block or blanket under seat for more support



HIGH LUNGE



HIGH LUNGE

BENEFITS

Stretches and strengthens legs



Improves balance



Increases energy and
endurance



Option: Keep hands at heart for
more stability



HUMBLE WARRIOR POSE



HUMBLE WARRIOR POSE

BENEFITS

Improves flexibility and strength
in the legs



Regulates anxiety and mild
depression



Challenges balance



Option: Keep hands at the
sides



KING PIGEON POSE



KING PIGEON POSE

BENEFITS

Stretches the legs



Opens the hips



Can help relieve lower back
pain



Option: Can keep hands on
ground for support



LIZARD POSE



LIZARD POSE

BENEFITS

Opens hips and hamstrings



Strengthens inner thigh muscles



Calms mind and controls stress

Option: Stay
up on hands
if hips feel tight





LOCUST POSE



LOCUST POSE

BENEFITS

Strengthens the spine and
backs of the arms and legs



Improves posture



Stimulates abdominal muscles



Can help relieve stress



Option: Use hands under
shoulders for support



LOW LUNGE



LOW LUNGE

BENEFITS

Releases hip tension



Stretches legs



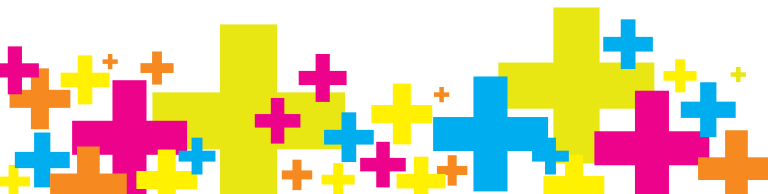
Builds focus and mindfulness

Option: Keep
hands on knee
for support





MONKEY POSE



MONKEY POSE

BENEFITS

Stretches hips and groin



Improves posture



Increases confidence and challenges endurance



Option: Start in low lunge and progress to Monkey Pose gradually



MOUNTAIN POSE



MOUNTAIN POSE

BENEFITS

Improves posture



Strengthens thighs, knees, and ankles



Builds confidence



Option: Place hands wherever feel most natural



PIGEON POSE



PIGEON POSE

BENEFITS

Stretches the legs



Opens the hips



Can help relieve lower back
pain



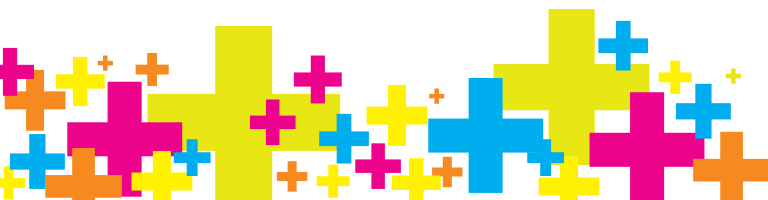
Increases sense of calm and
presence



Option: Place blanket or block
under hip for more support



PLANK POSE



PLANK POSE

BENEFITS

Strengthens the core, arms,
and wrists



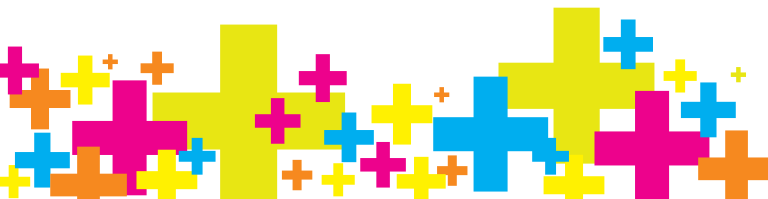
Improves posture and
endurance



Option: For more support,
bring knees to ground



PLOW POSE



PLOW POSE

BENEFITS

Calms the mind and help
relieve stress and fatigue



Stimulates the abdominal
organs and the thyroid
gland



Stretches the shoulders and
the spine



Great for backache and
headache

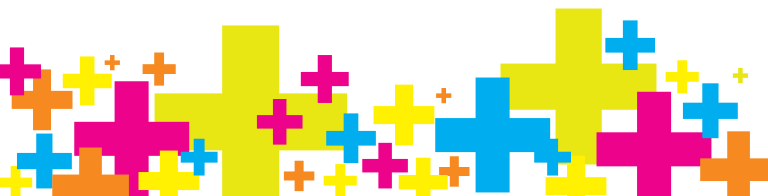


Option: Practice
shoulderstand instead





PYRAMID POSE



PYRAMID POSE

BENEFITS

Stretches hamstrings and hips



Builds balance and
concentration



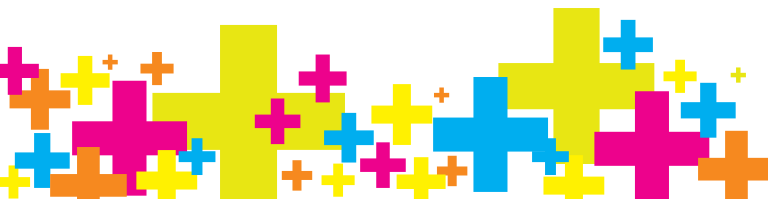
Calming for the mind



Option: Bend the front knee for
more support



PUPPY POSE



PUPPY POSE

BENEFITS

Stretches abdominal muscles
and shoulders



Lengthens spine and improves
posture



Option: Bring block or blanket
under forehead



RESTING
POSE



RESTING POSE

BENEFITS

Calms the mind and can help relieve stress and mild depression



Relaxes the entire body



Can help reduce headache, fatigue, and insomnia



Helps to lower blood pressure



REVERSE PLANK POSE



REVERSE PLANK POSE

BENEFITS

Stretches shoulders and chest



Builds strength in the back
body



Option: Bend the knees for
more support



REVERSE WARRIOR POSE



REVERSE WARRIOR POSE

BENEFITS

Improves spinal flexibility and
balance



Increases circulation and
endurance



Option: Use back hand for
support on thigh



SEATED FORWARD FOLD POSE



SEATED FORWARD FOLD POSE

BENEFITS

Calms the mind to help reduce stress and mild depression



Improves digestion



Soothes headaches and anxiety



Reduces fatigue



Option: Keep knees gently bent



SEATED SIDE BEND



SEATED SIDE BEND

BENEFITS

Stretches the side body and spine



Improves sense of calm and
presence



Encourages deep breaths



SEATED TWIST POSE



SEATED TWIST POSE

BENEFITS

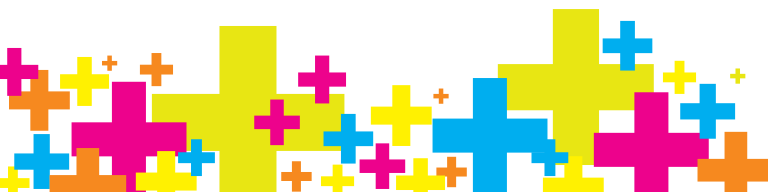
Stretches the spine and abdomen



Improves digestion and circulation



SPHINX POSE



SPHINX POSE

BENEFITS

Strengthens shoulders and back



Stretches abdomen



Creates space in chest



SHOULDER STAND POSE



SHOULDER STAND POSE

BENEFITS

Calms the mind to help relieve stress and mild depression



Stretches the shoulders and neck



Improves circulation



Option: Use a block under hips for support



SIDE ANGLE POSE



SIDE ANGLE POSE

BENEFITS

Strengthens and stretches the
legs, knees, and ankles



Stretches the spine, hips, chest,
and shoulders



Increases stamina



Option: Keep top hand at hip



SIDE CROW POSE



SIDE CROW POSE

BENEFITS

Strengthens arms, wrists, shoulders,
stretches spine



Improves focus and endurance



Challenges the mind

Option: Practice Crow Pose
and progress to Side Crow Pose
gradually





SIDE PLANK POSE



SIDE PLANK POSE

BENEFITS

Strengthens the arms, core, and legs



Stretches and strengthens the wrists



Stretches the back of the legs



Improves balance



Option: Bring bottom knee down for support



STANDING SPLITS POSE



STANDING SPLITS POSE

BENEFITS

Stretches back body and
hamstrings



Challenges and improves
balance



Option: Use a block under hand
for more support



BALANCING HALF MOON POSE



BALANCING HALF MOON POSE

BENEFITS

Improves balance and
concentration



Increases flexibility



Strengthens the core



Opens the chest and shoulders



Option: Use a block beneath you,
or keep the top arm by your hip
for more stability



STAR POSE



STAR POSE

BENEFITS

Stretches front body



Increases circulation and opens chest for full breaths



SUPINE TWIST POSE



SUPINE TWIST POSE

BENEFITS

Stretches spine and hips



Improves digestion



Increases circulation and energy



Option: Twist with one knee at a time



TABLE TOP POSE



TABLE TOP POSE

BENEFITS

Prepares body for future poses



Strengthens wrists



Gently strengthens shoulders and
core



THREAD THE NEEDLE POSE



THREAD THE NEEDLE POSE

BENEFITS

Opens upper back



Stimulates digestion



Stretches shoulders



Option: Take stabilizing hand
behind back for a deeper stretch



TREE POSE



TREE POSE

BENEFITS

Strengthens thighs, calves, ankles,
and spine



Stretches inner thighs, chest and
shoulders



Improves balance



Option: Use foot as a kickstand for
more support



TRIANGLE POSE



TRIANGLE POSE

BENEFITS

Stretches the lower body and spine



Strengthens the side body



Helps relieve back pain



Can reduce stress

Option: Use a block





UPWARD FACING DOG POSE



UPWARD FACING DOG POSE

BENEFITS

Improves posture



Strengthens the spine, arms, and wrists



Stretches the chest, shoulders, and abdomen



Can help relieve mild depression, fatigue, and sciatica



Option: Keep thighs on the floor and gently bend elbows



WARRIOR I POSE



WARRIOR I POSE

BENEFITS

Stretches the chest and shoulders



Strengthens the shoulders, arms,
and back muscles



Builds strength and muscle
endurance

Option: Keep hands
at heart center for
more stability





WARRIOR II POSE



WARRIOR II POSE

BENEFITS

Strengthens the ankles and legs



Stretches the thighs, chest, and shoulders



Increases stamina and muscle endurance



Can help relieve back pain



Option: Soften the bend in the knee for a gentler pose



WARRIOR III POSE



WARRIOR III POSE

BENEFITS

Strengthens the ankles and legs



Strengthens the shoulders and muscles of the back



Tones the core



Improves balance and posture



Option: Keep back foot down on the ground for balance



WHEEL POSE



WHEEL POSE

BENEFITS

Stretches chest and lungs



Reduces stress and tension



Strengthens the back and
increases spinal flexibility



WILD THING/ FLIP DOG POSE



WILD THING/FLIP DOG POSE

BENEFITS

Stretches spine, chest, shoulders,
and throat



Opens hips



Energizes body and mind

Option: Practice
reverse table top
instead





WIDE LEGGED FORWARD FOLD POSE



WIDE LEGGED FORWARD FOLD POSE

BENEFITS

Tones the core



Stretches the hamstrings and the
back



Calms the mind



Relieves mild stress



Option: Place hands on a block
for more support