



ZOOM YOGA/SOCIAL STORY

Hi,

My name is Ilonka and I teach yoga. Yoga might seem complicated, but it is actually just moving and breathing at the same time. It isn't that tricky.

Just like all people with autism are not the same, all yoga classes are not the same. That's why I'm writing to let you know what to expect when taking my yoga class.

What to expect when taking Ilonka's yoga class

Lying on our backs on the floor:



Lying on our backs, we take some deep breaths. We do a couple more stretches while on our backs like reaching our arms overhead and stretching from our fingers to our toes.

Seated:



Then we sit up. And we do some fun breath work. Some of the breathing exercises we do have funny names such as: Bee's breath. Three-part-breath. Finger breath. Owl's breath. Hot chocolate breath. We don't do *all* of these every time. But we always do *some* breath work.

Breath work helps calm our bodies. Breath work can help us if we are feeling stressful emotions like worry, anger, or fear. It is also fun to do if you are already feeling good.

We also usually do some more stretches while we are seated.



Hands and knees:



Next we go to hands and knees, which I call table top pose. Poses in yoga are also called Asanas. (AHH-suh-nahs). Lots of yoga poses have animal names and we start on hands and knees with cat/cow pose.

Then, we usually do a couple of downward dog poses.

Downward Dogs:



From downward dogs we might go down to our bellies, and do a cobra poses.

Belly: Poses on the belly are fun, because we pretend we are cobras, and we also pretend we are sky-diving or flying. Just remember to eat a light snack, not a BIG lunch before yoga.



Standing:



From there we do some standing poses. These poses are called Warrior poses and you might feel really fierce and proud in them.

Back to the floor:



Then, it's back to the floor for a couple more twists and stretches.

And finally it's time for Shavasana, where you once again lie on your back while I guide you to relax.

When it is time to come out of relaxation, I ring a Tibetan singing bowl, very softly.



At the end we sit crisscross and smile at each other. And say, either with our mouths, or silently in our thoughts, "The goodness and light in me, honors the goodness and light in you."