

# Superhero Sequence Explanation

## Instructions

### 1. Warrior I Pose

- open your legs wide
- Turn the direction of the feet to the side
- Bend the front knee
- Lift the arms up
- Mantra: *I am brave*
- Repeat a few times on each side, changing legs

### 2. Warrior II Pose

- Open your legs wide
- Turn the direction of the feet to the side
- Lift the arms up
- Bend the front knee
- Lower the arms to the side - creating one straight line
- Mantra: *I am strong*
- Repeat a few times on each side, changing legs

### 3. Warrior III Pose

- **Place your feet together**
- **Slowly lift one leg up (off the floor)**
- **Stretch your arms in front of you**
- **Create a straight line with your stretched arms and the lifted leg**
- **Mantra: *I am kind***
- **Repeat a few times on each side, changing legs**

#### **4. Peaceful Warrior Pose**

- **Open your legs wide**
- **Turn the direction of the feet to the side**
- **Lift your arms and hands up**
- **Bend the front knee**
- **Lower the arms to the side - creating a straight line**
- **Bend the back backwards**
- **Lower the back arm and touch your leg**
- **Bend the front arm over your head**
- **Look under your front arm and look up**
- **Mantra: *I am calm***
- **Repeat a few times on each side, changing legs**

#### **5. Superhero Pose**

- **Place your feet together**
- **Slowly place one hand onto the floor in front of your feet- with a small space in between the feet and hand**
- **Slowly lift one leg and shift your body to the side**
- **Slowly lift your other arm and stretch it out - creating a straight line with both arms**
- **Mantra: *I am a superhero***
- **Repeat a few times on each side, changing legs**

[https://www.youtube.com/watch?v=2WU9\\_PZDWnM&list=PLjs4G0\\_dLq3GynpulY3GW098PBYuE8iW &index=19&t=218s](https://www.youtube.com/watch?v=2WU9_PZDWnM&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=19&t=218s)