



open up

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**THE CHILDREN'S MUSEUM OF PITTSBURGH  
DIGITAL BOOK**

Includes links to mindfulness and movement videos



**Welcome, yogis! The purpose of these kid-friendly yoga videos is to help inspire joy, creativity, curiosity, and a love for yoga.**

In this series, children will discover mindfulness and breathing techniques, active poses and flow, and a variety of ways to calm the body and mind.

**Special thanks** to *The Children's Museum of Pittsburgh* for their partnership with this digital book.

Through play and exploration, it is our hope that your children gain a solid foundation and a life-long appreciation for the positivity and benefits that mindfulness and movement brings.

*Tessa, Marissa, and Megan  
Open Up Founders*

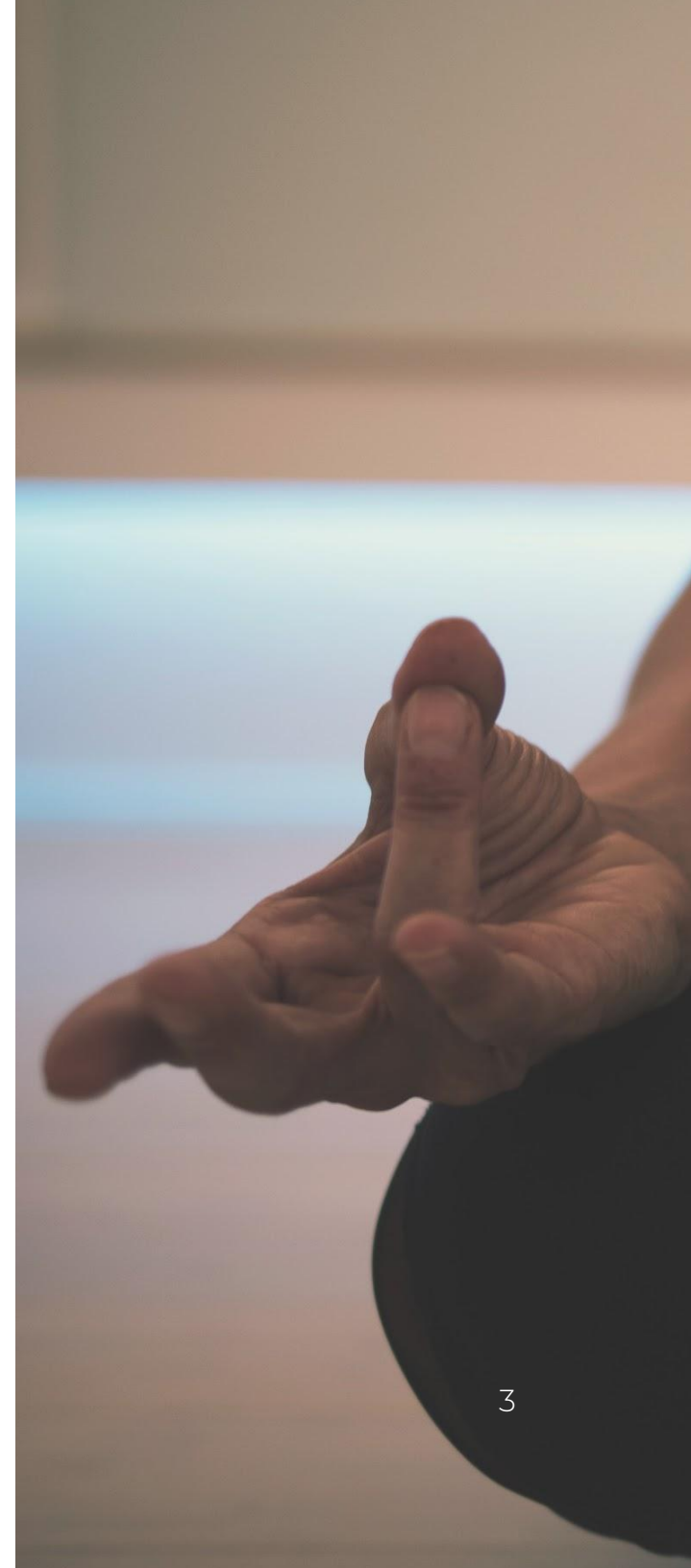
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**Monday**  
[Gentle Wake Up Exercises](#)  
Floor Practice | All Ages  
6 Minute

*Hint: Click the title under each day of the week and you'll be linked to the corresponding YouTube video.*



# SPECIAL TIPS

## *for practicing at home*

### **Flexible Practice**

It can be hard to find time to practice when our schedules are constantly changing. We've made it simple by offering one video for each week day!

### **No Mat, No Worries**

If you don't have a yoga mat, that's OK! Try practicing on a rug or other non-slippery surface. You may want to take off your socks!

### **Wear Headphones**

Sometimes background noise at home can be a little distracting. Try wearing headphones to help focus.

### **Practice with the Family**

If they're available during your practice time, invite family members and caregivers to join in.

### **Click the Title Links**

Click the title under each day of the week and you'll be linked to the corresponding YouTube video.

### **Have Fun**

Most importantly, have fun! And remember, listen to your body.



# MIND & BREATH

## [Colorful Breath](#)

All Ages | 12 minute

## [Calming Breath Practice](#)

Ages 2 - 12 | 7 Minute

## [Three-Part Breath](#)

All Ages | 7 Minute

## [River Flow | Seated Mindfulness](#)

Ages 2-12 | 8 Minutes

## [Rainy Day Meditation | Seated Mindfulness](#)

All Ages | 7 Minutes

## [Shape Breath](#)

Ages 2 - 12 | 6 minute



*Hint: Click the title under each day of the week and you'll be linked to the corresponding YouTube video.*



# MOVEMENT

## [Flow with Nature](#)

Ages 2 - 12 | 10 Minute

## [The Ocean | Fun Gentle Movement](#)

Ages 2 - 7 | 6 Minute

## [Get Your Wiggles Out](#)

Ages 2 - 12 | 5 Minute

## [Yoga Flow with Animals](#)

Ages 2 - 12 | 13 Minute

## [Yoga Poses Game](#)

Ages 2 - 12 | 13 Minute

## [The Zoo | Creative Yoga](#)

Ages 2 - 7 | 8 Minute





# CALMING DOWN

## [Calm Down | Floor Practice](#)

Ages 2 - 12 | 5 Minute

## [Head to Toe Stretch | Chair Practice](#)

All Ages | 12 Minute

## [Gentle Wake Up Exercises | Floor Practice](#)

All Ages | 6 Minute

## [Flower Blooming | Gentle Movement](#)

All Ages | 6 Minute

## [Gentle Movement | Floor Practice](#)

All Ages | 15 Minutes

## [Restorative Yoga](#)

All Ages | 13 Minute



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# OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

## COMMUNITY CLASSES

Popping up in accessible spaces to provide inclusive programming with unique opportunities to reimagine a joyful and connected practice.

## RYT 200 TEACHER TRAINING

Ability-inclusive credentialing program designed to center people living with disabilities.  
Yoga Alliance approved.

## YOGA IN SCHOOLS

(PreK-12) Building self-awareness and self-regulation through fun movement and mindfulness exercises that are tailored to fit the needs of each classroom.

## SOCIAL MINDFULNESS

Building interpersonal awareness through self-reflection and improvisational theater games in group settings or professional development workshops.





**We'd love to see you again soon!** We are constantly creating new content related to mindfulness and movement. Please visit [our website](#) frequently for new movement books.

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Have a **virtual class idea** for your community or social group?

Please contact us to share your suggestion.

[info@openuppittsburgh.com](mailto:info@openuppittsburgh.com) | [www.openuppittsburgh.com](http://www.openuppittsburgh.com)

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**Special thanks** to our partners at Sign Language Interpreting Professionals (SLIP) for their assistance with closed captioning.

[www.slipasl.com](http://www.slipasl.com) | 412.400.2021 x1002





[info@openuppittsburgh.com](mailto:info@openuppittsburgh.com) | [www.openuppittsburgh.com](http://www.openuppittsburgh.com)