



open up

AUTISM CONNECTION'S DIGITAL BOOK

Includes links to mindfulness and movement videos



WELCOME, YOGIS

This series of yoga videos is great for beginners as well as anyone looking for movement. You will learn about poses, movement, and how to breathe. Yoga looks different for everyone and we value mindfulness and movement that is thoughtful and accessible.

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a practice a day

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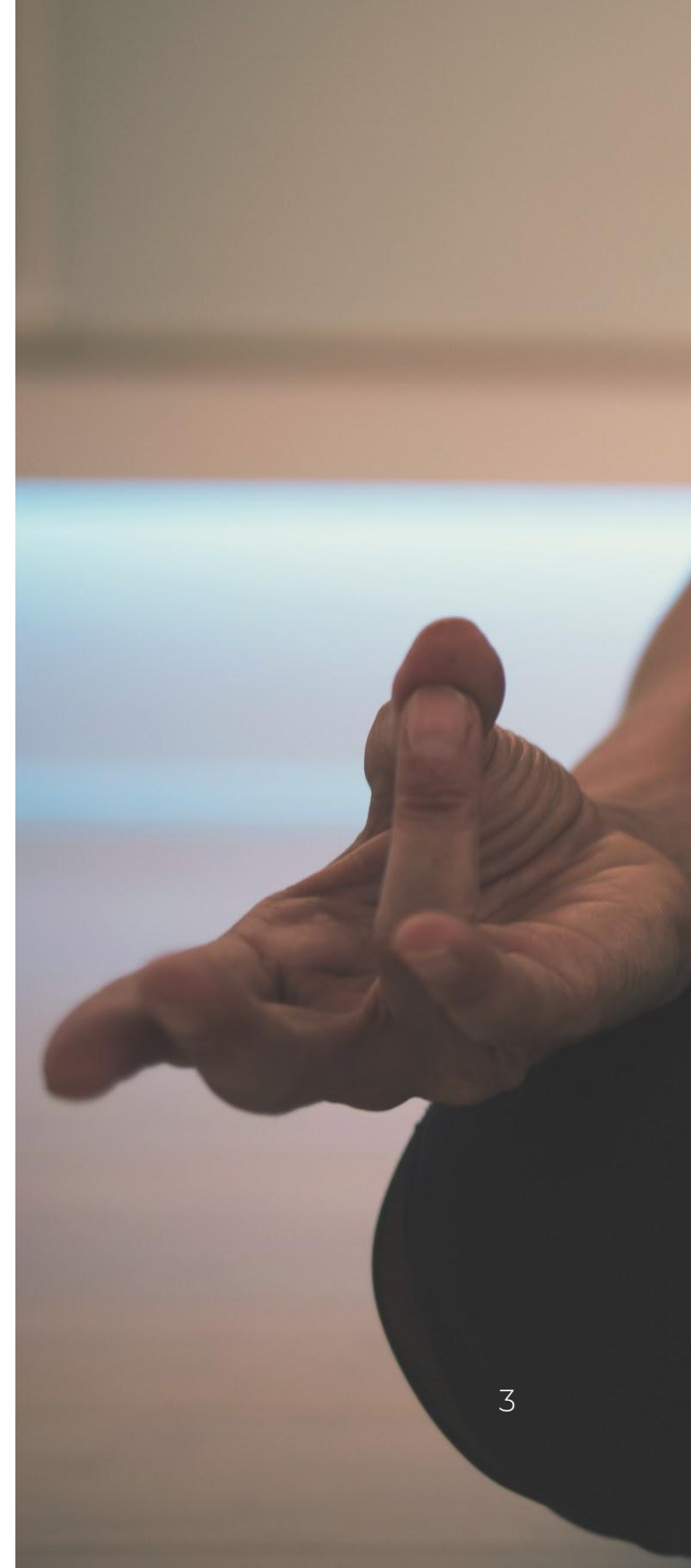
Monday

[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.



VISUAL SCHEDULE

First		Mantra we will practice a mantra to get us prepared for yoga
Then		Breath we will practice inhales and exhales to get our bodies and minds ready
Next		Movement we will move our bodies to wake them up and stretch our muscle
And		Pose Study we will create shapes with our bodies and notice how they feel
Finally		Rest we will practice resting our bodies and minds

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.

WEEK 1

Monday

[Peace Begins with Me Mantra](#)

Mindfulness Practice

All Ages | 3 minute

Thursday

[Gentle Movement](#)

Floor Practice | All Ages

15 Minutes

Tuesday

[Gentle Wake Up Exercises](#)

Floor Practice | All Ages

6 Minute

Friday

[Seated Sun Salutations +](#)

[Seated Stretches](#)

All Ages | 20 Minutes

Wednesday

[Colorful Breath](#)

All Ages | 12 minute

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

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WEEK 2

Monday

Basic Yoga Postures & Flow

Teen and Adult | 15 Minute

Tuesday

Ocean Breath

Seated Mindfulness | All Ages

7 Minute

Wednesday

Gentle Balance & Strength

All Ages | 10 Minute

Thursday

Make a Move

Energetic Yoga | All Ages

5 Minute

Friday

Calm Down Yoga

All Ages | 5 Minute

WEEK 3

Monday

Garden Yoga

Adults | Standing | 8 Mins

Thursday

Strong Yoga Flow

Teen & Adult | 12 Minute

Tuesday

Carefree Rest

Restorative | All Ages

8 Minutes

Friday

Lotus Flower Mindfulness

All Ages | 4 Minute

Wednesday

Sing OM

Mindfulness | Ages 2-12

6 Minutes

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WEEK 4

Monday

Mindful Movement & Breath

All Ages | 10 Minute

Tuesday

Yoga Pose Study

Floor Practice | All ages

19 Minute

Wednesday

Heart Openers

Teen & Adult | 13 Minute

Thursday

Sunrise/Sunset Over the Bridges

All Ages | 9 Minute

Friday

Twist & Rinse | Energetic Movement

Teens & Adults | 8 Minutes

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.

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

Please contact us to share your suggestion.

info@openuppittsburgh.com | www.openuppittsburgh.com

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

www.slipasl.com | 412.400.2021 x1002





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