

Summer Yoga Ideas

30 WAYS TO INTEGRATE YOGA INTO YOUR SUMMER PLANS:



- Make up games with yoga cards for kids
- Act out yoga books for kids
- Practice calming yoga poses at bedtime
- Sit silently and meditate every day for 5 to 15 minutes
- Deliver food to someone who needs help
- Offer to do yard work for a neighbor
- Practice mindful breathing as you are waiting in line
- Act out children's books in your garden
- Write in a Gratitude Journal every day
- Eat mindfully and savor every bite
- Practice partner yoga poses together
- Plan a yoga party
- Play yoga-pose bingo
- Practice family yoga in the park
- Attend a weekly yoga class at your local studio
- Practice restorative yoga poses after a busy summer day
- Take pictures of your children practicing yoga poses and create a book
- Practice yoga at your family reunion
- Color mandalas
- Choose a breathing technique and practice together
- Make up yoga games (ex. Yogi Says, Yoga Pictionary, Strike a Pose, Freeze Yoga Tag)
- Practice one Sun Salutation every morning
- Set an intention (sankalpa) for the summer
- Create a positive mantra and repeat it to yourself every day
- Invite friends and neighbors over and host a Yoga Summer Camp
- Commit to five minutes per day of meditation, movement, or mindfulness
- Act out your day's adventures through yoga poses for kids (ex. trip to farm, beach, or zoo)
- Read children's books on kindness, happiness, and acceptance
- Celebrate Canada Day and Independence Day through yoga poses for kids
- Spend time in nature and listen to the sounds