Reverse Warrior

From Warrior II, bring the rear hand down the back of the rear leg. Bring the front arm up next to your ear. Keeping the front knee bent and directly over the ankle, reach the rear hand down. Look up to the front fingertips.

Activity 5.6 Yoga Signs
From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).
Warrior I

Stand with your feet apart and legs straight. Take a big step back with your left leg. Bend the right leg forward, keeping the right knee over the ankle. The left leg stays strong and straight. Stretch both arms straight up, with palms facing each other, while keeping your shoulders low and away from your ears. Perform the pose on the other side.
Windmill (Triangle)

Stand with your feet apart and legs straight. Stretch forward and place one hand to the floor in front of your face. Raise the other hand up toward the sky. Feel the twist in your spine as you look up at your fingers in the air. Switch hands and hold again.
Mouse (Bee, Child)

Kneel on your shins and sit back onto your heels. Pull your arms back by your legs (palms up) as you breathe in and lower your forehead onto the floor. Stay down while you focus your mind. This is a good pose to feel your chest rise and fall on to your thighs.
Stand tall with your feet together. Lift one foot and place the bottom of that foot on your other leg. You should place the foot at the height where you can balance and concentrate. Ideally, raise it high on your inner thigh. Place your palms together at chest level and let them rise up like a growing branch. Focus your eyes on one point in your line of vision. Do the other side.
In a sitting position, keep your back up straight, stretch your legs out to a straddle (but keep your feet flexed), and place your hands between your legs by the thighs.
Bridge (Whale)

Lie on your back with your knees bent and feet on the floor. Raise your hips and lower back off the floor. Your arms and shoulder blades stay on the floor. Hold the position for three counts and continue to breathe in and out in rhythm. After you return to the floor, bring your knees into your chest.
Triangle and Reverse Triangle

Stand with your feet apart and legs straight. Bend forward and place your hand to the floor in front of your face. Raise the other hand up toward the sky. Feel the twist in your spine as you look up at your fingers in the air. Switch hands and hold again.

Activity 5.6 Yoga Signs
From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).
Mountain

In a standing position, place your feet together. Then work on posture with your head, shoulders, hips, and feet in alignment.
Stand with your feet apart and legs straight. Take a big step back with your left leg. Bend the right leg forward, keeping the right knee over the ankle. The left leg stays strong and straight. Raise your arms straight and parallel to the floor with palms down. Keep your torso long and straight. Turn your head to the right and look out over the fingers. Hold for 30 seconds and then perform the pose on the other side.
Cat or Cow Stretch

Start on all fours on your hands and knees. Your knees should be hip-width apart, and your hands should be shoulder-width apart. Keep each side of your body (knees, hands, and feet) in a straight line. Now tuck in your chin and arch your spine slowly. Hold. Then dip your spine down slowly and look up.
Dog

Start from hands and knees. Your hands should be directly under your shoulders. Press down through your hands and feet and push your hips as high as possible as your legs straighten. Your head should hang down.
Downward-Facing Dog

Start on all fours on your hands and knees. Your hands should be directly under your shoulders. Press down through your hands and feet and push your hips as high as possible as your legs straighten, making an inverted V. Your head should hang down.
YOGA STRETCHES

Warrior One

Warrior Two

Triangle

Runner's Stretch

Plank

Upward Dog

Down Dog
From a sitting position, place your hands and feet on the floor. Lift the rest of your body up until you achieve a flat surface. Keep your head up rather than letting it go backward.