

TEAM BUILDING THROUGH YOGA

Health & Physical Activity Institute 2025

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WHY PARTNER YOGA

THERE IS NO GIVER OR RECEIVER
BOTH FULLY ENGAGED IN THEIR OWN AND JOINT EXPERIENCE
EACH WITH A CLEAR ROLE OF SUPPORT FOR THE OTHER PERSON
TOGETHER, CREATING A PERFECT SENSE OF BALANCE

Physically

Strength
Endurance
Flexibility
Balance
Power
Coordination
Alignment
Leverage
Weight Shifting

Mentally

Enhances Concentration
Enhances Focus
Develops Healthy Response To Stress
“Let it go”
Giving and Receiving
Kinesthetic Awareness
Self Awareness

Emotionally/Spiritually

Expression of Appropriate Emotions
Development of Coping Strategies
Trust in Self & Others
Support
Sharing Moments (magic Moments)
Child Like Approach to Life (fun)
Healing Touch

SHAPE NATIONAL STANDARDS

The body heals
with **play**,
the mind heals
with **laughter**,
and the spirit
heals with **joy**.

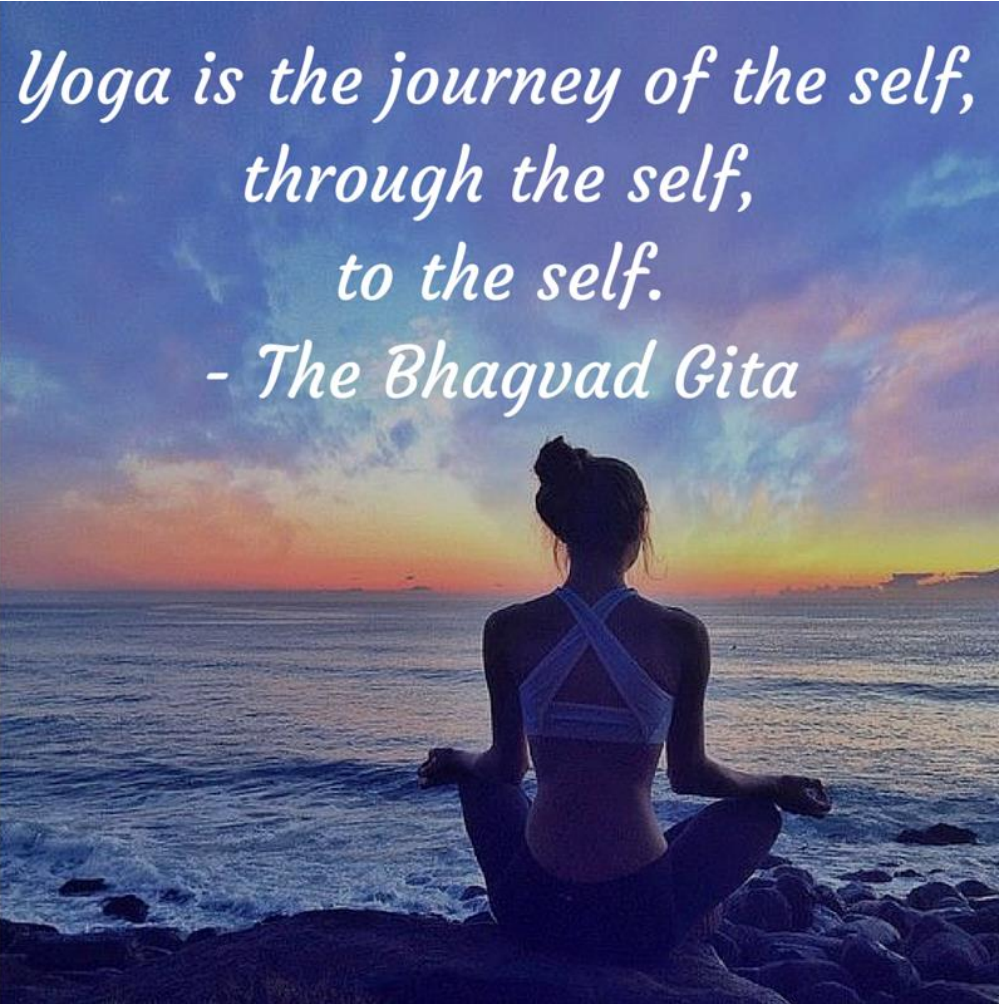
~Proverb

Standard 1: Develops a variety of motor skills

Yoga is a lifetime activity requiring sequenced forms of movement involving all 5 components of fitness: muscle strength, Muscle endurance, flexibility, transforming body composition and can even be cardiovascular. In addition, 5 of the 6 components of skill: balance, coordination, agility, power, and reaction time are interwoven into the practice.

Standard 2: Applies knowledge related to movement and fitness concepts

Yoga requires a basic understanding of muscle and joint structure, movement patterns, personal range of motion (ROM) and the ability to self-assess for modification and experience. With practice and exposure, students apply the knowledge and experiences to the next practice session. Deepening their self-awareness, self-assessment, and monitoring their progress. They are able to establish goals, demonstrate modifications/variations and make adjustments to their practice.

A person is shown from behind, sitting in a yoga pose (Padmasana) on a rocky beach. They are wearing a light-colored sports bra and dark leggings. The background features a calm ocean with gentle waves and a vibrant sunset sky with orange, yellow, and blue hues. The text is overlaid on the upper left portion of the image.

*Yoga is the journey of the self,
through the self,
to the self.*

- The Bhagavad Gita

Standard 3: Develops social skills through movement

Everyone comes with their own experiences. Some have skills from other activities like dance, gymnastics, and skating that cross over into some of the yoga skills others will be having a new experience. We support those having a new experience and celebrate those bringing in skills from other disciplines. This fosters a safe, accepting, and fun learning environment. Through shared experiences, students will learn to struggle, succeed, and celebrate together. Developing empathy and leadership skills through communication, cooperation, kindness, and celebration.

Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

Though yoga is a very individualized discipline, partner, team and Acro yoga takes a personal practice to the next level by peeling away conscious and subconscious layers. The community works together with support, compassion, and most of all embrace the joy and celebrate the successes. Yoga is completely inclusive activity that anyone can practice. The positive effects it has on the body are secondary to the benefits to brain at the neurological level. A consistent yoga and meditation practice has been scientifically proven to benefit executive functioning, stabilize emotional responses, and enhance a positive outlook.

THE 3 C'S

Communication



Cooperation



Caring (Kindness)



STANDING EXTENDED PUPPY

Greet Each other😊

- Step 1: Partners face each other; about 5-6ft apart
- Step 2: Bring the palms of the hands together; fingertips pointed up (move closer if necessary)
- Step 3: Begin bending forward at the waist maintaining pressure between the palms, as the hands move upward
- Step 4: Allow the pectorals and armpit area to open up
- Step 5: Touch foreheads
- Step 6: Use the pressure between the palms to help each other to a standing position

Thank each other😊



HUGGING FORWARD BEND

Greet each other ☺

Step 1: Stand back-to-back

Step 2: Begin to forward bend; glutes will touch (might need to take a small step forward to maintain balance)

Step 4: Reach for partner's hands; find a balance point

Step 5: continuing the forward bending assisting each other

Step 5: move the hands to the forearms; then to the shins of partner; finally, the shoulders

Step 6: communicating with partner; deepen the forward bend

Thank each other ☺



MIRROR TRIANGLE

Greet Each other😊

Step 1: Stand back-to-back with partner

Step 2: Step the feet about 3-4ft apart; turn front foot so the toes face forward; turn back foot so the toes and outside edge of the foot face 45-90 degrees from the front of the room

Step 3: link hands with partner, raising to shoulder height or cross arms with the back of the hand resting on partner's forearm

Step 4: pull through the fingertips, rotating the chest open so the scapulas of the partner's touch

Step 5: communicate and reach forward together; bringing the hands to the shins

Step 6: communicate and continue moving the hands down the shin to the floor

Thank each other😊



PLANK

Greet each other😊

Step 1: Partner 1 gets into a solid plank position

Step 2: Partner 2 straddles p1; placing hands on the ankles of p1

Step 3: P2 shifts weight, lifting one leg off the ground gently placing the top of the foot on p1's shoulder blade

Step 4: Communicating and maintaining balance p2 lifts second foot off the ground placing the top of the foot on p1's shoulder blade

Step 5: For 3-person plank; repeat the steps above; try to stack the contact points

Fun option: Make a square plank (4 people needed)

Thank each other😊



DOWN DOG TRAIN DOWN DOG BOX

Greet each other😊

- Step 1: Partner 1 (p1) positions self into a stable downward dog; partner 2 (p2) stands between p1's hands
- Step 2: P2 bends the knees placing hands on the floor shoulder width apart
- Step 3: P2 lifts one foot placing it to the right side of p1's lower back, upper glutes (just off the spine)
- Step 4: Communicate as p2 balances weight on p1; once balanced lift the other leg placing on opposite side of the lower back, upper glutes (just off the spine)
- Step 5: Straighten the arms and legs; maintaining spinal length
- Step 6: Communicate and breath together
- Step 7: Come down and rest in child's pose
- Step 8: Switch positions

Fun options: Downward Dog train or 3-downward dog

Thank each other😊



CHAIR

Greet each other😊

Step 1: Facing each other stand arms length apart

Step 2: Each partner spreads their feet hips width apart; toes facing forward

Step 3: Partners grab of each other's wrists/forearms

Step 4: Partners shift glues back like sitting into a chair while creating pulling pressure at the wrists/forearms

Step 5: Partners keep chest lifted and use the wrist/forearm pressure and counterbalance of the glutes to assist each other into and out of chair

For fun: Cross arm position for twisting chair😊

For fun: Turn sideways and make a chair train😊

Thank each other😊



BOAT

Greet your partner😊

Step 1: Sit facing your partner, pulling the knees to the chest; reach forward linking hands or wrists or use a strap

Step 2: Partners bring the ball mounts of the feet together; heels touching the floor

Step 3: Lengthen through the spine, create an isometric pressure between the feet; the more surface touching the better

Step 4: Straighten one leg then the other

Step 5: Communicate finding a balance point; keeping the arms parallel to the ground

Step 6: Lift the sternum; elongating the spine

Fun options: Try groups of 4-8; eventually the whole class!!

Thank each other😊



WARRIOR 3

Greet each other😊

Step 1: face each other about 6 ft apart; partner 1 (p1) comes into warrior 3 pose

Step 2: Partner 2 (p2) moves into warrior 3; partners connect at the shoulders

Step 3: Communicate, reaching through the toes and adjusting the balance point; counter each other at the shoulders

Step 4: Come out of the pose, adjust foot placement; repeat connecting at the upper arm

Step 5: Come out of the pose; adjust foot placement; repeat connecting at the wrists

Option: Try in groups of 4 or 6 (think spokes of a wheel)

Thank each other😊



TREE

Greet each other😊

Option 1:

More challenging; less body contact

Step 1: Partners stand side by side; arms length apart

Step 2: Extend inner arms straight out so partners palms press together (the more pressure the more stable)

Step 3: Move outside leg into tree

Step 4: Extend outside arm horizontal to the ground

Fun option: build a tree train (forest) adding people onto the ends making a circle with the whole class (class should use the same knee for tree)

Option 2:

Easier; more body contact

Step 1: Stand beside your partner with your hips touching and arms around the lower back

Step 2: Move outside leg into tree

Step 3: Each partner brings their outside hands together at the center; pressing palms together

Thank each other😊



FLYING BUG ON A BRIDGE

Greet each other😊

Step 1: Base lies down and lifts the hips up into a very solid bridge pose

Step 2: Flyer places one hand and one foot on each of the base's thighs; flyer's elbows are slightly bent

Step 3: Maintain eye contact and communication with each other

Step 4: Flyer lowers the glutes on the shelf created by the bent elbows

Step 5: Flyer lifts one leg, followed by the other

Step 6: Maintaining eye contact the base stays strong and in alignment as the flyer continues to stretch the legs out

Thank each other😊



FLYING TRUST

Greet each other😊

Step 1: Base is prone with legs perpendicular to the ground

Step 2: Flyer places base's feet along the outer hip/thigh crease

Step 3: Flyer and base communicate to confirm the correct foot position

Step 4: Maintain eye contact as the flyer leans into the feet

Step 5: Base bends the knees to move flyer over base's center of gravity. Hold hands to find balance point and flyer's feet are still on the ground

Step 6: Holding hands, base lifts flyer as flyer engages the trunk and legs (especially the glutes). base straightens the legs finding alignment and balancing the flyer

Step 7: Release the hands

Thank each other😊



KALEIDOSCOPE YOGA

Wide Standing Circle

Tree: Oaks & Willows

Big Toe

Warrior 3

😊Other Side😊

CHALLENGE

Connect them all😊

Tight Standing Circle Chair

TURN Right Shoulder

--Extend inner arm

--Step sideways

--Outside arm on
shoulder of person in
front of you

--CHAIR on Thighs

TRUST!! Give and Receive

Walking Chair

Camel Standing Circle

Sidestep out; shoulder to
shoulder

Right hand "pats" your "chair
person" Thank you

Left hand "pats" you're
Welcome



Camel Standing Circle

Facing in

- Hands between the scapula's supporting the back
- Lift chest
- Arch back



Wide Sitting Circle

- "Pat" the back & WooHoo
- Stepping back; allowing the hands to regrasp the wrists/forearms
- Shuffle back until everyone's arms are horizontal to the floor
- Feel free to "reorganize" the circle
- As a group sit down to the ground
- Stand up; practice several times 😊😊
- (break into smaller groups)

Crab Walk Circle

- Crab walk to a shoulder-to-shoulder seated circle
- Upward plank
- Right leg hurdle: elbow crosses FB
- Left leg hurdle elbows cross FB

Both legs: ABS!!!

Baby You're a STAR



Find a Partner while crab walking
Face partner
Creating a circle within a circle (TARGET)

Inside Partner

- Turn facing inward
- Sit & straddle legs
- Touch "side partners" feet
- Extend arms out in a T

Outside Partner

- Crab Walk to the right; in the space between inside partners
- Sit & straddle
- Touch feet to shoulders of inside circle
- Extend arms straight above the head; palms together

Meditation for a Calm Heart

Pose: Easy pose with light Jalandhar bandh (neck lock)

Eyes: Either close the eyes or look straight ahead with the eyes 1/10th open

Mudra: Place the left hand on the center of the chest at the Heart Center. The palm is flat against the chest, and the fingers are parallel to the ground, pointing to the right. Make Gyan Mudra with the right hand (touch the tip of the index (Jupiter) finger with the tip of the thumb). Raise the right hand up to the right side as if giving a pledge. The palm faces forward, the three fingers not in Gyan Mudra point up. The elbow is relaxed near the side with the forearm perpendicular to the ground.

Breathing and Visualization: Concentrate on the flow of the breath. Regulate each bit of the breath consciously. Inhale slowly and deeply through both nostrils. Then suspend the breath in and raise the chest. Retain it as long as possible. Then exhale smoothly, gradually, and completely. When the breath is totally out, lock the breath out for as long as possible.



Time: Continue this pattern for long, deep breathing for 3-31 minutes

End: Inhale and exhale strongly 3 times. Relax

Comments: The proper home for the subtle force, prana, is in the lungs and heart. The left palm is placed at the natural home of prana, creating a deep stillness at that point. The right hand that throws you into action and analysis is placed in a receptive, relaxed Mudra and put in the position of peace. The entire posture induces the feeling of calmness. It technically creates a still point for the prana at the Heart Center.

Emotionally, this meditation adds clear perception to your relationships with yourself and other. If you are upset at work or in a personal relationship, sit in this meditation for 3-15 minutes before deciding how to act. Then act with your full heart. Physically, this meditation strengthens the lungs and heart.

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😊😊BONUS ROUNDS😊😊 DEPENDING ON TIME AND FLOW

- There will be a relaxation/meditation
- The partner movements lead to full group yoga (think circle formations, lots of circles😊😊)
- Maybe a little dancing too;)

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