

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**YOGA PRESCRIPTION**

Name: _____

Create a 1- to 2-page handout on yoga exercises that have therapeutic applications.

1. Choose a common condition (e.g., back pain, headaches, insomnia, PMS, digestive problems, weak joints; see sign-up list).
2. What poses help to alleviate these common conditions?
3. On 1 to 2 pages, describe the condition and then list the recommended poses.
4. Provide a picture for each pose (using pictures from magazines or the Internet or your own drawings) and a brief description.
5. Present your yoga exercises the day of the final and receive your book!
6. Turn in one copy to be graded.
7. Due date: _____

I will take each of your handouts and create a book of yoga exercises for each of you to keep for your own workouts!

Conditions: Sign-Up Sheet

- | | | |
|----------------------------|------------------------------|--------------------------------------|
| _____ Back relief | _____ Headaches | _____ Back injury |
| _____ Detoxification | _____ Insomnia | _____ Diarrhea |
| _____ Jet lag | _____ Kidney problems | _____ Heart problems |
| _____ Asthma | _____ Memory problems | _____ Knee injury |
| _____ High blood pressure | _____ Varicose veins | _____ Low blood pressure |
| _____ Circulatory problems | _____ Flat feet | _____ Menopause |
| _____ Constipation | _____ Carpal tunnel syndrome | _____ PMS/menstruation |
| _____ Fatigue | _____ Anxiety | _____ Arthritis |
| _____ Fertility problems | _____ Pregnancy | _____ Heartburn |
| _____ Hay fever | _____ Neck injury | _____ Irritable bowel syndrome (IBS) |
| _____ Hemorrhoids | | |