

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

Name: \_\_\_\_\_

\_\_\_\_\_ Power standard 3: I participate regularly.

\_\_\_\_\_ Power standard 5: I value physical education, fitness, and health.

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

1. Choose a common condition (e.g., back pain, headaches, insomnia, weak joints, and so on; see sign-up sheet for complete list).
2. What poses or exercises help to alleviate these common conditions?
3. On 1 to 2 pages, describe the problem and then show the recommended poses or exercises (using pictures from magazines or the Internet or your own drawings).
4. Provide a brief description with the picture for each pose.
5. Present your yoga or Pilates exercises to the class.
6. Make enough copies so that you have one to turn in to the teacher and one for each person in class. (At the end of class you will each take home your own yoga and Pilates book.)
7. Due date: \_\_\_\_\_

**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          |                              |                                      |