Welcome to a Summer of Self-care! You might be asking yourself, “What does self-care mean?” Self-care is when we take an active role in caring for our well-being and happiness.

Before or after you get your game on, don’t forget to take care of yourself! Physical self-care is important for us to feel and play our best! This week I invite you try something new in terms of your physical self-care.

My favorite way to practice physical self-care is through yoga. Yoga is great for our body and mind. Some things to consider when you are practicing yoga.

- Always feel free to adapt or change yoga poses to suit your needs.
- Focus on having fun with movement, not on practicing perfectly aligned poses.
- If using a chair, ensure that the chair is steady so that the poses are safe to practice.
- Finish each yoga session in a resting pose to allow time for peace and quiet.
- Be creative and enjoy yourselves, but please be safe!

Is yoga not your thing? Check out some other great ways to practice physical self-care

- Go for a walk, a run, or a bike ride!
- Eat more fruits and veggies.
- Drink more water.
- Dance around to your favorite song.
- Get your game on!

Join us from home!

Follow along with us this summer on social media! @victoryjunction

Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome
**CHILD'S POSE**

Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths.

**CAT POSE**

Come down to an all-fours position. Check that your hips are over your knees and your shoulders are over your wrists. Spread your fingers wide and flatten your palms. Then on an exhale, drop your head, round your back, and tuck your chin into your chest.

**COW POSE**

On an inhale, look up, arch your back, and open your chest. Pretend to be a mooing cow.

**EXTENDED MOUNTAIN POSE**

Stand tall in Mountain Pose, inhale, look up, and raise your arms and stretch up to the sky. Option to touch your palms together.

**Sit back on your chair, slowly bend your upper body to rest on your thighs, rest your arms down towards the floor, and take a few deep breaths.**

**Sit at the front of your chair, with your feet flat on the ground. Place your palms on your knees and take a deep breath to neutralize your spine. Round your back and tuck your chin into your chest.**

**Sit comfortably on your chair with your feet flat on the ground, look up, inhale, raise your arms and stretch up to the sky. Option to touch your palms together.**
**CRESCENT MOON PHASE**

Standing, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side. Look in the mirror and you will see you look just like the moon!

**EAGLE POSE**

Wrap your left leg around your right. Bring your bent arms out in front of you, wrap your right arm around your left arm, and bend your knees slightly. Switch sides and repeat the steps.

**SEATED TWIST**

Place your right leg over your left. Place your left elbow on your right knee. Twist your upper body like an owl. Repeat on the other side.

**HERO POSE**

Come to sitting up tall on your chair with your feet firmly planted on the ground. Wrap your left leg around your right. Bring your bent arms out in front of you, wrap your right arm around your left arm, and bend your knees slightly. Switch sides and repeat the steps.

**STANDING TWIST**

Sit comfortably on your chair with your feet firmly planted on the ground. Reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side. Look in the mirror and you will see you look just like the moon!

**HERO POSE**

Come up to rest back your heels, place your hands on your knees. Close your eyes (if that’s comfortable). Breathe deeply.

**STANDING TWIST**

Sit upright in your chair. Check that your spine is straight and your feet are flat on the ground. Twist your upper body to the right. Take your left hand to your right knee and your right hand back behind the chair. Twist your upper body like an owl. Repeat on the other side.

**HERO POSE**

Come to rest upright on your seat with your palms resting on your knees. Close your eyes (if that’s comfortable). Breathe deeply.