

The  
Museum of  
Classical  
Archaeology

# Statue Yoga

Have you ever wondered what it feels like to be one of our casts?

This activity will take you through a yoga-like routine, letting you try out some of the casts' poses.

It's a good opportunity for you to take some time out and relax, while getting to know our casts a little better!

# Let's get started

If any of these poses feel uncomfortable, don't push yourself. Return to a position that works for you.

We're going to start on the floor. Clear a space where you can lie stretched out - grab some pillows and blankets if you like.

# Pose 1: 'Dead Giant'



This pose might feel like a comfy place to start, but this 'Dead Giant' is anything but! Take some deep breaths here, as we get ready to go through this routine. You can flip this pose, stretching both sides of your body.

## Pose 2: 'Dying Gaul'



The 'Dying Gaul' looks dejected, but this is a gentle beginning pose for us!

You can experiment with bending your supporting arm, and flexing the extended leg.

# Pose 3: 'Crouching Aphrodite'

It feels like we've done enough 'dying and dead' poses now.

Let's move on to embodying the goddess of love herself, and crouch like Aphrodite.

Try experimenting with your arm positions here - how do you think Aphrodite held her arms?



# Pose 4: ‘Munich Kouros’

Oof, up we get.

There are so many good standing casts to try out, but the *Kouroi* (youths) make standing stock still into an art form.

Don't forget to keep breathing while you tense some muscles in this rigid pose.

For some facial yoga, try out that smile . . . !



# Pose 5, Option A: 'Lansdowne Amazon'

Our Wounded Amazon has a more relaxed approach to standing than the Munich Kouros.

Try copying the way she is distributing her weight in her feet, as though she is stepping forward.

You can flip this pose so that you can have an even stretch on both sides.



# Pose 5, Option B: 'Discus Thrower'

You can tell this figure was an athlete, this is a much trickier pose to try out.

It's surprisingly difficult to balance here - you can see why he might need that rock as a support!



# Pose 6: 'Artemisium God'

This pose is a great chance to open up your body and stretch it out.

This god could be either Zeus, holding a thunderbolt, or Poseidon, holding a trident.

Which are you imagining, as you take aim in this pose?





## Pose 7: 'Borghese Warrior'

We're going from being gods to being warriors: feel the twist and stretch as you move from ready, aim, to FIRE!

Try shifting your weight from your back foot to your front one, to help throw your imaginary object even further.



# Pose 8: ‘Peplos Kore’

That's us passed the peak, so we're going to ground ourselves in some stillness again.

Hopefully you are feeling restored(!) like the coloured-in version of the Peplos Kore.



# Winding down . . .

Stay nice and still as the ‘Peplos Kore’ for a while.

Clench and un-clench your fist at your side, and enjoy standing straight and strong.

You can either end your routine here, or work your way back down to the ground by going backwards through the first three poses.

# Finishing up

If you're back being the 'Dead Giant', stay here a while too and take some deep breaths.



How has it felt to lie, move, and stand like our statues?

Which were the most challenging? Which were the most relaxing?

We hope you can come and stand among them again soon.

