

You Get to YOGA!

Salutation Seal

Instructor Says:

Inhale and sit down, crossing both of your legs. If you look down, it should look like a pretzel. Join both of your palms together as you inhale, pointing your fingers to the sky as if you were saying a prayer. Now, pretend there is a hook on your head. Imagine someone is pulling up on the hook, making you sit up straight. Your back should feel lengthened and flat. Close your eyes. Start to bring awareness to your breath while holding this posture. Begin to breathe normally.

Kids Do:

Kids will cross their legs and bring hands together as if they were to say a prayer. Their backs should be straight, and their head should be up and facing forward with their eyes closed.



Should Look Like:

Balloon Breaths

Instructor Says:

Bring your hands beside you. Close your eyes. We are about to turn our bodies into balloons. As you breathe in, float your arms beside you, bringing them together over your head, making a big circle. That's your balloon. As you breathe out, you're going to let your balloon float away by floating your arms down beside you. Let's try it again. As you breathe in, float your arms up, making a big circle over your head, and then as you breathe out, let your balloon float away as you slowly let your arms come down onto the ground beside you. The special thing about yoga balloons is you can make them anytime you want, and if your balloon floats away, you can always make another one.

Kids Do:

Kids continue to sit with their legs crossed. Kids will place their hands on the ground beside them, then slowly bring them up to make a circle above their head, and gently return them back to the floor upon instructor's directions. Kids will repeat this action.



Should Look Like:

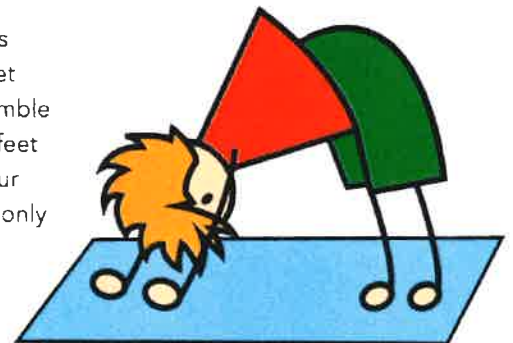
Downward Facing Dog

Instructor Says:

This next pose is called the downward facing dog. It stretches your upper body and provides you with energy. First, place your palms face down on the floor in front of you. Move your feet underneath you so that your knees are bent, your feet are close to your hands, and you resemble a frog pose. I want you to inhale, and as you exhale, you will straighten your legs. Walk your feet behind you so that your hands and feet are a few feet apart, your elbows aren't bent, and your bottom is facing upwards towards the sky. Bring the soles of your feet off of the floor so that only your toes are touching the ground. Breathe normally.

Kids Do:

Kids will bring their hands in front of them and slowly bring their feet beneath their body. Their hands and feet should be close together with the legs bent. Kids will walk their feet back to resemble downward facing dog pose for 15 seconds.



Should Look Like:

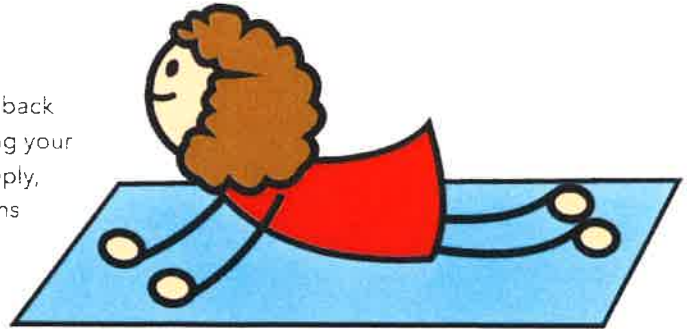


More YOGA!

Upward Facing Dog

Instructor Says:

Now we will move into upward facing dog. This pose helps strengthen your back and open up your chest so that you may breathe more fluently. Begin walking your feet out behind your body looks like a flat board (plank position). Inhale deeply, and as you exhale, gently drop your hips to the floor, while keeping your arms straight and chest up. Slowly move your head back and look to the ceiling. Breathe normally.



Should Look Like:

Kids Do:

Kids will move from downward facing dog to plank position by moving feet backward. Kids will then drop their hips to their floor resembling a seal. Kids arms will be straight and elbows will be locked as they look up towards the ceiling. Hold this position for 15 seconds.

Dolphin Pose

Instructor Says:

Now we will move back into the downward facing dog pose. While slowly bringing your head down, keep your arms straight and walk your feet to your hands until you are back at the downward facing dog pose. Remember, the soles of your feet should be lifted off of the ground. Next, slowly drop your elbows to the floor, one at a time. Once they are both on the ground, clasp your hands together. This is the dolphin pose. It stretches the hips and upper body, helps with mood, and provides you with energy.



Should Look Like:

Kids Do:

Kids will return to downward facing dog pose and drop elbow to the ground, clasping their hands together. Hold this position for 7-10 seconds.

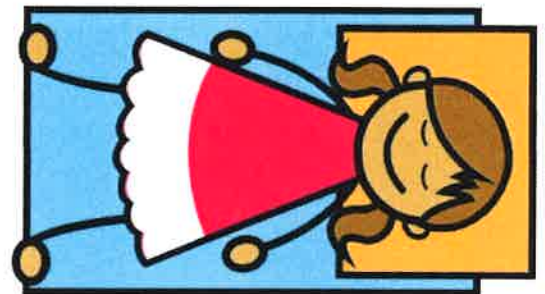
Micro Nap

Instructor Says:

We will end our session with the micro nap. Lie down on your back, placing your arms by your side, with your palms flat on the floor. Let your legs relax in a comfortable position. Inhale for 5 seconds, hold your breath for 3 seconds, and exhale for 5 seconds. We will repeat this process for the next 3 minutes, letting yourself fall into deep relaxation.

Kids Do:

Kids will lie on their back in a comfortable position, with their arms beside them. Kids will breathe deeply for 3 minutes and allow themselves to fall into a state of deep relaxation.



Should Look Like:

