

These lessons are planned according to **Yogabeez** methods and philosophy (<http://www.yogabeez.com/>).

**Yogabeez** combines traditional yoga with the works and philosophies of various well-respected educators to create classes that exercise, energize, empower, relax and nurture the development of the WHOLE child.

All of the yoga poses we practise with children are tailored for them and also used as a medium for learning. We focus on stimulating all areas of a child's development in each yoga class therefore educating the Whole Child!

- Personal, social and emotional development;
- Communication, language and literacy;
- Problem solving, reasoning and numeracy;
- Knowledge and understanding of the world;
- Physical development; and
- Creative development.

The only area Yogabeez method does not cover is technology. In our yoga classes we try and leave all the media world at the door and come back to our basics... our bodies, our minds and our spirits.

Уроки йоги проводятся в соответствии методов и философии **Yogabeez** (<http://www.yogabeez.com/>)

**Yogabeez** комбинирует традиционную йогу с философией таких известных педагогов как Маслоу и Монтессори, создавая классы, которые дают возможность развиваться ребёнку ЦЕЛОСТНО.

Йога проводится на русском и английском языках каждую неделю по средам.

# Yoga Lesson plans Y1 and Y2

## Winter magical adventure

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Jan-Feb

Materials: yoga mats, ipod and speakers with relaxation music, ty beanie babies - snowy friends - animals and sea creatures. Wooden chimes, mood cards or star cards, map of the world.

*This is a full version of the plan, that is going to be introduced following the Winter theme. It is going to be partially adapted to our 40 min session every time, as we move through it.*

### Connecting Circle

Sit cross-legged, wriggle fingers - hands in Chi Mudra, backs straight

Ring the chime 3 times - breath in and breathe out

**Namaste** - The goodness in me sees and honours the goodness in you!

**Yoga pledge or intention (I love my body and myself! Today I'm going to be a good listener and stay calm as a deep blue ocean and as positive as a sun beam! )**

Come and sit in Lotus/ pretzel/ cross-legged

**Theme introduction - Talk about Winter months. Where else can we encounter winter, in which countries it is cold most of the time? Have a look on the map. Northern parts of Russia and Canada, Iceland, Greenland, Arctica and Antarctica and its Oceans. Today we will go on a magic and snowy adventure to these countries. We'll play different games with snow, build a snowman, take a boat thru the icy Arctic Ocean and visit a cave of a white bear.**

### Warm up and energizing exercises

Let's make our feet warm, before putting on woolen socks and a snow boots on!

**Ankle/ heel/ toe walking in a circle (did you know, that you have 200 bones in the feet? Ankle walking will put you in touch with bones you didn't even know you have!)**

Warm up - let's wake our senses and parts of the body!

**Sun Salutation - 1 round - Say hello to the sun! or**

**Reach for the sun**

## **Poses/Asanas**

### **Going on a snowy adventure**

**We will start our journey in Norway**

First of all we are going to enjoy winter activities and play with the snow

**Throw and catch game (use words as throw-catch or throw-throw - catch-catch. Great game of eye - hand coordination) or**

**Musical winter statues - ( move and freeze - with music)**

Now we'll be climbing up a mountain to have some winter fun! Climbing the mountains - brain  
First we meet a dog on a slope. (Husky. They often pull the sledge in the Northern regions) Snow  
Dog Pose **Downward Dog – Wag your tail in the snow!** *When the semi-nomadic Chukchi people of Siberia had to expand their hunting grounds some 3000 years ago, they sought to breed the ideal sled dog. These dogs had to have endurance, a high tolerance to cold, and the ability to survive on very little food. The resulting pups could carry loads over long distances without food or warmth.*

**Ride a husky sledge - partner pose**

Snowman Pose **Happy Baby Pose – Roll side to side like you are making snowballs!**

Ice Skater Pose **Dancer Pose – Imagine gliding across the ice!**

Ski Pose **Chair Pose – Move your hips side to side like you are skiing!**

Snowboard pose - **Warrior pose - move freely thru the snow!**

### **Snowy Creatures**

Now let's take a break and sip some **Hot chocolate** (blow and breath in - calming breath) before taking a boat to Greenland and Arctica

**Snow dancing and warming up the skin** - we are welcoming some snowflakes, as they start falling down and melting on our skin

### **Row your boat**

*See the wildlife in the water*

### **Sea Waves**

**A giant Octopus** *Did you know, that octopus has three hearts, nine brains, and blue blood and does not have any bones?*

### **Whale**

**Jellyfish** *Did you know, that jellyfishes have no brains, instead, jellyfish have nerve nets which sense changes in the environment and coordinate the animal's responses.*

*See some animals in the shores*

**Deer** *A fawn can normally walk within half an hour of being born. Fawns do not have a smell, helping them avoid predators*

**Owl** Owls can rotate their necks 270 degrees, so almost all the way round.

Let's see if we can be as attentive, as owls:

Visual/Sight game - **Now you see me/ now you don't.** What changed? With beanie babies. **or**

Adventure in the snow - Treasure hunt (Sensory game):

**Feely bag - find a treasure in the bag** (we dig it out from the snow) and name it without looking? Only using your tactile senses.

**Polar bear - breathing and relaxation in baby's pose. Bear in the cave.**

**Or**

Let's see what **Emperor penguins** are up to on the other side of the planet right now (they sent a letter to our fellow Polar bears. Let's read it!)

**Emperor penguins. Try keeping a beanie baby on your feet - as it would be your egg, while walking around.**

### **Relaxation and visualization**

**Belly Breathing** - using beanie baby creature **or**

Lemon toes/Baby nidra or

Visualization - “Magic winter forest”.

**Closing routine**

**Chimes**, 3 deep breaths and **Namaste**