

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

My feelings and emotions

Feb - Apr

Materials: yoga mats, ipod and speakers with relaxation and other music, ty beanie babies - animals and sea creatures for every pose. Wooden chimes, mood cards and “pretzel cards”.

This is a full version of the plan, that is going to be introduced following the “My feelings and emotions” 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 express my feelings and see how I can make myself (and maybe others) a little happier!

Come and sit in Lotus/ pretzel/ cross-legged

Theme introduction - Our feelings and emotions. What do they bring into our life?

How do you feel right now? Blow the dandelion and say it aloud. Let’s work with our feelings and see if we can make ourselves happier!

Warm up and energizing exercises

Sun salutation with song/ **or** Warm up - let’s wake our senses and parts of the body!

Reach for the sun

Poses/Asanas

Happy - shake your sillies (octopus)/ downward dog/ monkey / frog / expressing our feelings,
- dancing “Don’t worry, be happy!”

Sad - child's pose / elephant / rag doll

Angry - lion / hissing snake / volcano

Scared - warrior with affirmations / crab / bug in trouble

Calm - Butterfly / buzzing bee /mountain / tree

(Funny poem about honey:

I eat my peas with honey,

I’ve done so all my life,

It makes the peas taste funny but keeps them on my knife!)

Freedom - Flamingo with open wings, eagle

Care, tenderness - Emperor penguins (Try keeping a beanie baby on your feet - as it would be your egg, while walking around)

Love, togetherness - “open your heart” or “lizard on a rock” - partner pose or cobra/ toe mandala, “pass a smile” circle ending pose. “Human zipper”- listening to the heartbeat of others. Hug the one next to you, or anyone you wish in the class

Relaxation and visualization

A heart opening meditation - thinking of a time you've felt really loved, breath in the feeling you had!

or

Lemon toes

How do you feel right now? Blow the dandelion and say it aloud.

Closing routine

Chimes, 3 deep breaths and **Namaste**