

Yoga Lesson plans Y1 and Y2

We are going to the seaside!

June

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 believe in myself! I love and honour my body! I can do yoga anytime, anywhere! To energize or calm myself or just to make myself feel better!

Theme introduction - Let’s explore sea life on land and in the water.

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

L-sitting and open your suitcase. Reaching right up and on sides, making sure we’ve packed everything.

Driving my car down to the beach

Freedom Wake up and massage your body Put the sunscreen on

Warrior - see a windsurfer - let's join him! "I am strong! I am balanced! I am brave!"

Crab/ Table - walking sideways one side then other

Row your boat out to the sea

Put your wetsuit (balance), snorkel, flippers

Breath thru straw - it's a snorkel

Sea snake

Dolphin

Shark

Seal - clap in different rhythm - throw and catch copy me!

Whale/ Bridge with breathing. Our breathing spout is called a blowhole.

Sea sponges - child's pose

Seaweed - bead bug

Sea anemone - connecting flower pose

Oyster - close your shell (sit with crossed legs) - inhale and exhale

Time for a picnic

Popcorn

Jelly

Ice cream

Pick some shells off the beach - Pompom/ marble toes (4 bowls) with classical, disco, rock, jazz, country, retro music.

Relaxation and visualization

"An Undersea adventure" from SPINNING INWARDS

or

Lemon toes

Closing routine

Chimes, 3 deep breaths and **Namaste**

