

Lesson Plan (30 minutes) Class 4 for CSD all grades

**Theme:** What Matters Most

- Well-being
- Happiness
- Open mindedness
- Personal Resources
- Nervous system regulation/resilient zone

**Values:** Integrity and well-being as it relates to your personal values

**Physical Alignment:** Create Proper Curves and Align Your Throat

**Yoga teaches us** to stay true to ourselves.

**Tune In:**

*Just Breathe* - Place your hand on your knees. Palms down for more grounding and settling. Palms up for more receiving and opening. Close your eyes and establish a steady rhythm to your breath. Inhale think I Am, Exhale think OK.

*I Am What I Am* - Touch your thumb to your index finger and say I Am Ready. Touch your thumb to your middle finger and say I Am Steady. Touch your thumb to your ring finger and say I Am Clear. Touch your thumb to your pinky and say I Am Here. Repeat several times out loud, in a whisper, silent in your mind, in a whisper, and out loud.

*Lotus Breath* - Find a natural curve to your back as opposed to slouching. Align your ears over your shoulders to create an open pathway for breath. This pose reminds us that we can rise above the muddiness of any situation and reach for happiness and wellness.

**Warm Up:**

*Cat/Cow* - Be led by your breath as you curve your backbone in opposite directions. Your backbone represents your convictions, what really matters most to you.

*Dark Seed Light* - Think of something that really matters to you. Perhaps freedom, love, justice, honesty, humor, peace, success, truth, authenticity, equality, kindness, compassion, hope, etc... That is your YES. Anything that gets in the way of that is your NO.

*No Table Yes* - Remember your YES and your NO!

**Sequence:**

*Down Dog to Snake to Down Dog to Snake* - Let your deep breath lead your movements. Following your breath regulates your nervous system. Steady breath, steady mind, steady body.

*Forward Fold* - Let your arms and shoulders relax. Notice sensation.

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*Breath Of Joy* - Allow happiness to bubble up from the inside and sigh with contentment.

*Warrior II With Clarity* - This pose helps your brain go from confusion to clarity.

*Mountain* - Think about something positive that you know for sure. I Am... (loved, capable, true to myself, hardworking, a good friend, etc....)

*Warrior III With Intention* - This pose will help you be more sure of yourself.

*Mountain*

*Twist And Target* - Did you surpass your first target? Only when you set a goal can you possibly reach it and even surpass it.

*Soap Box Freedom* - Say out loud something that you do to support your wellbeing.

*Down Dog* - Ground into your fingerprints, what makes you uniquely you! Ground into your feet and remember what you stand for.

*Over The Rainbow* - Keep your ears over your shoulders and lift your heart.

*Dark Seed Light* - Rest your head, rest your mind. Being open minded means that you are open to new ideas.

*Camel* - As you open your heart space, keep your ears over your shoulders and soften your throat. This alignment brings that openness all the way up into your mind.

*Crossbow* - Crossing the midline increases communication between both hemispheres of your brain. Your creative and your logical thoughts can connect and lead to new ideas and ways of thinking.

*Energy Circuit* - Make a wish for your own well-being and then a wish for the well-being of others.

**Cool Down:**

*Do The Twist* - Twisting can help you unwind and relax.

*Baby Got Back* - Happy babies do this and giggle. Make happy sounds as you rock side to side.

*Resting Pose with guided visualization* - Notice your natural breath. Give yourself permission to relax from head to toe. Pause... When you know what matters most to you, you can live your life in a way that reflects your values. If you value kindness, it will be impossible to feel happy without kindness in your life. If you value fairness, it will be hard to be happy in the midst of

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unfairness in your life. Pause... Gently wiggle your fingers and toes. Slowly bend your elbows and knees. Pause... Rise to your comfortable seat and bring your palms to touch in front of your heart center. Knowing what matters most to you is the first step toward happiness and well-being. Thank you for exploring that in your practice today. Namaste.