

Lesson Plan (30 minutes) Class 6 for CSD all grades

Theme: Interdependence

- Commonalities in regard to feelings and expression
- Open mindedness
- Help Now! Strategies

Values: Collective awareness and kindness

Physical Alignment: Extend and Expand Out

Yoga teaches us we are all connected and our words and actions impact others.

Tune In:

Just Breathe - If with someone, sit back to back. I Am not alone in my feelings. Anything can happen to anyone at any time. We are all the same in that reality. We share a common humanity.

We Are Who We Are - We are Ready, Steady, Clear, Here.

Energy Circuit - Make a wish for yourself, for your own family, for your community, for your country, for the world.

Warm Up:

Because I Said So - Instead of holding, move in rhythm to your breath. Inhale to extend. Exhale to ground.

Dark Seed Light - The seeds we plant now may take years to develop. But everything you need to grow into the person you are meant to be is already inside of you. Surround yourself with people who support your growth.

Snake - Look around.

Down Dog - Lift one leg at a time. Stay grounded through your fingerprints and hands as you extend your leg out into the world. Feel your body in space.

Forward Fold - Jump feet forward. How does it feel to be upside down?

Sequence:

Mini Flow - repeat several times. Challenge yourself to close your eyes. Mountain, Tall Mountain, Forward Fold, Half Lift, Forward Fold, Tall Mountain, Mountain. If with others, move in unison by listening to each other's breath.

I've Got Your Back - If alone, interlace hands behind your back and lift your heart.

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Universal Dancer Individual - Your front is your individual side, your back is your universal side. Open and honor both.

Triangle With Wisdom - Begin in a wide leg stance longways on the mat. This hand gesture symbolizes wholeness within and connection to the whole universe.

Laughter Milkshake - The sound AYEEEP raises your vibration and creates positive energy.

Jump legs together - turn around - Jump legs wide

Triangle With Wisdom - Try to feel your own heart beat between your thumb and your finger.

Mountain - Ground your feet and send energy beyond the boundary of the floor. Rise up inside with your breath. Close your eyes and visualize energy extending in all directions from your center like rays of sunlight.

Breath Of Joy - Wave your arms like a conductor. Imagine yourself as part of a universal orchestra, all playing different instruments at the same time to make a beautiful symphony.

Tree Friends - If you are alone, imagine who is by your side and who you are supporting.

Mountain Range Laughter - The tiniest giggles can lead to enormous happiness and heartfelt connection.

Forward Fold

Just Breathe - Help Now! Strategies. Return your awareness to your breath. Breathe in to the count of 5. Breathe out to the count of 5. Remember a time when you felt at peace. Where were you? What were you doing? Who were you with?

Dark Seed Light - Breathing in, think I Am. Breathing out, think OK.

Bubble Gum Breath - Imagine your bubbles sticking to those around you. We are all in this together!

Rock And Roll - Playfully make a gleeful sound.

Bridge - Get good at building bridges by reaching out when you need help or when someone else needs your help.

Do The Twist - Look side to side and opposite of your legs as a symbol of being open to new points of view.

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Baby Got Back - Giggle and coo.

Lighten Up - It takes effort to not let challenges get us down. What do you do in a day that helps you lighten up. Think about someone who is down and how you can help them to lighten up.

Resting Pose with guided visualization - - Bring your attention to your natural breath. Pause... Stay present to your breath. Pause... Allow your thoughts to float by like clouds in the wide-open sky of your mind. Pause... Silence...

Return your awareness to your body, on your mat, on the ground in the present moment. 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. Pause... We finish each yoga class with a word that means my light, my goodness, sees your light and your goodness. Open your eyes. If you are with others, and look for the sparkle in each other's eyes. If not, look at us. Namaste.