

Lesson Plan (30 minutes) Class 1 for CSD all grades

Theme: Self - Awareness

- Breath awareness
- Inward attention/outward attention
- Reflection
- Sensation tracking
- Self-regulation
- Resilient Zone

Values: Self-Assurance with kindness and compassion

Physical Alignment: Set Your Foundation and Follow Your Breath

Yoga teaches us how to turn our awareness inward.

Tune In:

Just Breathe - Place one hand on your heart and one hand on your belly. Establish a steady rhythm of breath. We are hardwired to respond to touch in order to calm and regulate the nervous system. With each inhale, think I AM. With each exhale, think OK. Notice how your body responds to your deep breath and your thoughts.

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. Fingers are like antenna that send signals to the executive functioning part of your brain.

Warm Up:

Cat/Cow

Dark Seed Light - Rest and reconnect to your breath. Paying attention to your breath is you being present to flow, even while being still in one place.

Down Dog

Forward Fold

Sequence:

Mountain

Mini Flow - Repeat several times. Practice once with eyes closed to minimize distraction and turn awareness inward. Be kind to yourself by bending your knees when you feel strain on the back of your legs.

Lesson Plan (30 minutes) Class 1 for CSD all grades

Mountain - Every time you bring hands back to heart center, you are honoring yourself with compassion. Feel your heartbeat speed up in response to your actions. Notice physical sensations as blood is pumped from your heart into the rest of your body.

Warrior I Up - Repeat affirmations. Jump switch to change sides and repeat. Choice of hands on the ground to jump switch or hands on your hips. Which feels more powerful? Which feels more kind?

Stability Kick Freedom - Kick away whatever is in the way of your well-being. For example, worries and regrets.

Calm Steam Silly - Are you naturally more calm or more silly? Practice moving from calm to silly to calm to silly for increased self-regulation.

Washing Machine - Use your powerful breath and actions to wash away negativity and doubt.

Dark Seed Light - Welcome positivity and self-assurance. We are so used to listening to an inner critic. We need to practice listening to our inner compassionate voice.

Lotus Breath - Lotus flowers are rooted in the mud and bloom toward the sun. They remind us that we can always rise above muddy, dark circumstances. Each time you lift your lotus, say something kind and loving to yourself.

Cool Down:

Rock And Roll - Rock forward and back to massage the muscles along your spine.

Do The Twist - Allow your breath to guide your actions.

Baby Got Back - Giggle as your rock side to side.

Lighten Up - This pose restores energy to your body and mind.

Resting Pose with guided visualization - Bring your attention to your natural breath. Notice what you are feeling physically. Pause... Choose one physical sensation to track. Notice if it travels or stays in one place. Pause... Is the sensation small or big, constant or not? Pause... Bring your awareness to your emotions. Pause... Choose one emotion to focus on. Pause... Where is that emotion residing in your body? You may feel it on more than one location. Pause... Notice the quality of your energy. Do you feel uplifted or exhausted? Full of energy or drained? Grounded or scattered? Pause... Return awareness to your breath and begin to lengthen your exhales and deepen your inhales. 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. Pause... We finish each yoga class with a word that means my light, my goodness, sees your light and your goodness. Namaste.