

Lesson Plan (30 minutes) Class 2 for CSD all grades

Theme: Grounding

- Physical - Where is my body in space?
- Emotional - Regulation & Equanimity
- Energetic - Open minded & Settled

Values: Curiosity and Self Inquiry

Physical Alignment: Set Your Foundation and Soften to Receive

Yoga teaches us skills to stay grounded and settled through the ups and downs of life.

Tune In:

Just Breathe - Place one hand on your heart and one hand on your belly. Establish a steady rhythm of breath. Being Grounded means you are present in this moment. You aren't leaking energy by focusing on the past or worrying about the future. With each inhale, think I AM. With each exhale, think GROUNDED. Notice how you feel right here, right now. Your breath is an anchor that keeps you in the now.

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. (Ready=Emotional, Steady=Physical, Clear=Energetic, Here=Grounded in the Present Moment)

Warm Up:

Do Your Chores - Stay connected to the earth through your lower body as you move freely in your upper body.

Dark Seed Light - Allow yourself to settle as you rest on the ground.

Down Dog - Root all ten fingerprints into the ground to claim your space.

Forward Fold

Sequence: Solid Ground Flow with curiosity, open mindedness & self-inquiry. Repeat several rounds. Pause to track sensations.

Mountain - Grounding techniques: Heavy feet, press your hips down with your hands, hands to heart to bring all sides of you to the center.

Tall Mountain

Forward Fold

Half Lift

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Straight Leg Lunge
Plank
Gratitude
Flat Like A Pancake
Snake
Down Dog
Straight Leg Lunge
Forward Fold
Tall Mountain
Mountain

You're Up Then You're Down - Use your inhale to power rising up and your exhale to help you ground. Connecting to your center as you move up and down will help you stay grounded through the ups and downs of life.

Go To Your Room - When we act in ways that are out of alignment with our true selves, we may get grounded in the not so good way and sent to our room so we can adjust and learn.

Warrior II Decide - Keep your lower body grounded and unwavering while you turn your upper body freely to look in all directions. When making decisions, know what you stand for and also be open to new perspectives.

Mountain - Pause and notice what you are feeling.

Tree Friends - Receive support.

Cool Down:

Forward Fold

Dark Seed Light

Flat Like A Pancake - Rest your entire front body on the ground. Let yourself be heavy and supported.

Flip your pancake to lie on your back - Rest your entire back body on the ground. Let go.

Calm Down - Stimulating all of the nerve endings in your hands and feet gives sensory input that calms and regulates the nervous system.

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...

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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.