

Lesson Plan (30 minutes) Class 3 for CSD all grades

Theme: Resiliency

- Reflect
- Zone of well-being
- Regulated
- Ability to bounce back after adversity

Values: Compassion

Physical Alignment: Fire Up Your Low Belly and Hug Into Your Midline

Yoga teaches us that life is unpredictable. We can't prepare for every situation but we can prepare ourselves to be resilient.

Tune In:

Just Breathe - Place one hand on your heart and one hand on your belly. Establish a steady rhythm of breath. Life isn't always steady. Life can be unpredictable. We can't prepare for every situation but we can prepare ourselves to be resilient. As you exhale completely, gently pull your belly in and up. As you inhale, allow your belly to fill like a balloon. That contraction and expansion connects us to the flow of life.

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.

Warm Up:

Do Your Chores - Your inner fire lives in your belly. It is the power that keeps you going when it would be easier to quit. Stoke your inner fire. Close your eyes and visualize the fire in your belly lighting up your heart. Compassion lives in your heart. As we move through challenging poses today, be kind and compassionate toward yourself. It takes time to build resilience.

Don't Rock The Boat - Hug into your center and stretch from center like rays of sunlight.

Lighten Up - Notice how you feel. Track sensations.

Bridge - Feel the connection from your low belly to your heart. You are Grounded and Elevated at the same time.

Playing With Fire - We can't wait for life to get easier, we have to get better at doing what is hard. That's called building resilience!

Rock And Roll - Gain momentum so you can rise up.

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Mountain - Connect and feel.

Wake Up Mountain - This awakens your mind and alerts your senses. Notice sensation.

Warrior II With Clarity - Your inner fire help you gain clarity instead of confusion. It's like turning on the light so you can see.

Get Up - Stay plugged in to your center for balance and power.

Hold On A Minute - This pose helps you contain your fire and build patience.

Bring It On - Fire is a quality seen in the eyes. Clear your vision. You are ready for whatever is ahead.

Cool Down

Forward Fold

Just A Sip - Pause and notice what you taste.

We Will Rock You - Feel how your body responds to your breath.

Flat Like A Pancake - Notice what you smell.

Baby Got Back - Notice what you hear.

Do The Twist - Notice how you feel inside.

Rock And Roll

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. Namaste.