



## Sports & Recreation

*Yay for Yoga!*



**KEEP  
CALM  
AND  
NAMASTE**



# Class Structure

## Week #1: Introduction to Yoga

- Discussion: what is yoga? What have you heard about it? Why is it good for you?
- Intro to Yoga/Yoga benefits video
- Go over yoga rules and anatomy
- Dive in and start learning poses!

## Week #2: Namaste and Shavasana

- Discussion: What does namaste mean?
- Go over old poses, then learn new ones!
- Introduce a couple yoga games
- Learn about the benefits of shavasana

## Week #3: Yoga in Partners!

- This week is fun! Grab a partner and learn some poses...then its competition time!

## Week #4: Meditation Time!

- Discussion: What is meditation? What are your experiences with it? Why is it good for you?
- Lead them through a meditation (Yoga Pretzels-Special Place)
- Meditation-art activity
- Go over poses and play games if there's time!

## Week #5: Breathing

- Discussion: How can you breathe differently? How can breathing differently affect your mood and how you feel?
- Elephant breath, bear breath, energizing breath, calming breath
- New poses!

## Week #6: Put it together!

- Create your own yoga pose and yoga card
- Lead them through what a real yoga class would look like incorporating all the poses they learned

## Week 1: Introduction to Yoga

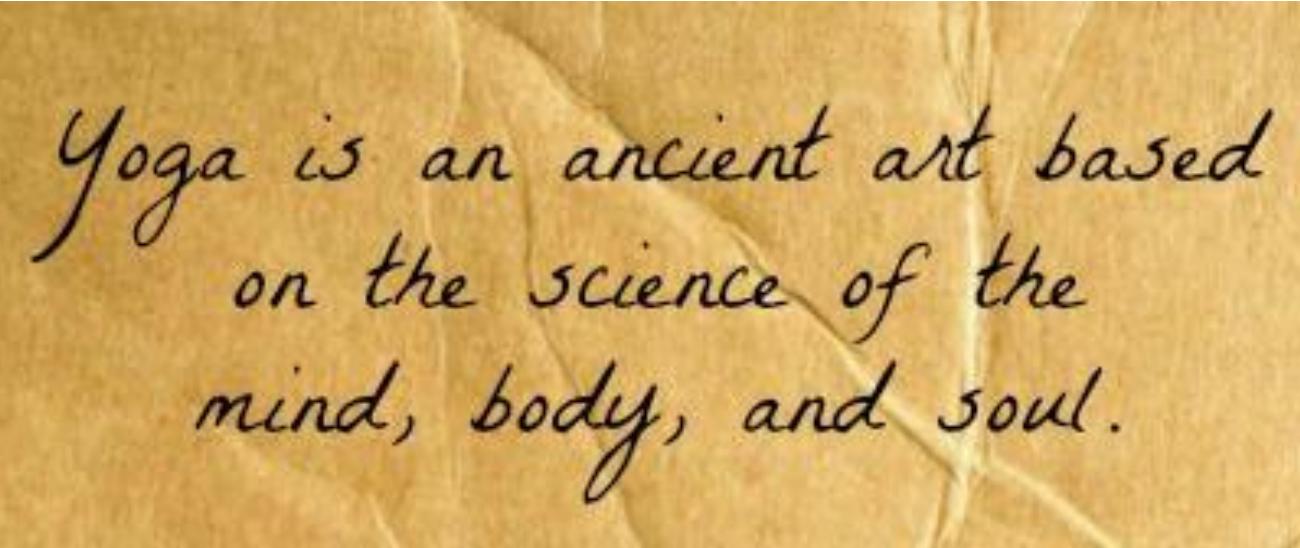
**MY SECRET?**



**YOGA, OF COURSE**

- What is yoga?
- What have you heard about it?
- Where did it come from?
- Why is it good for you?

# What is Yoga?



Yoga is an ancient art based  
on the science of the  
mind, body, and soul.



What is your  
body?  
What is your  
mind?  
What is your  
spirit?

## Where did yoga come from?

Yoga began as a philosophy in India over 5,000 years ago.



It is now practiced around the world at all ages for health and relaxation!



**YOGA**

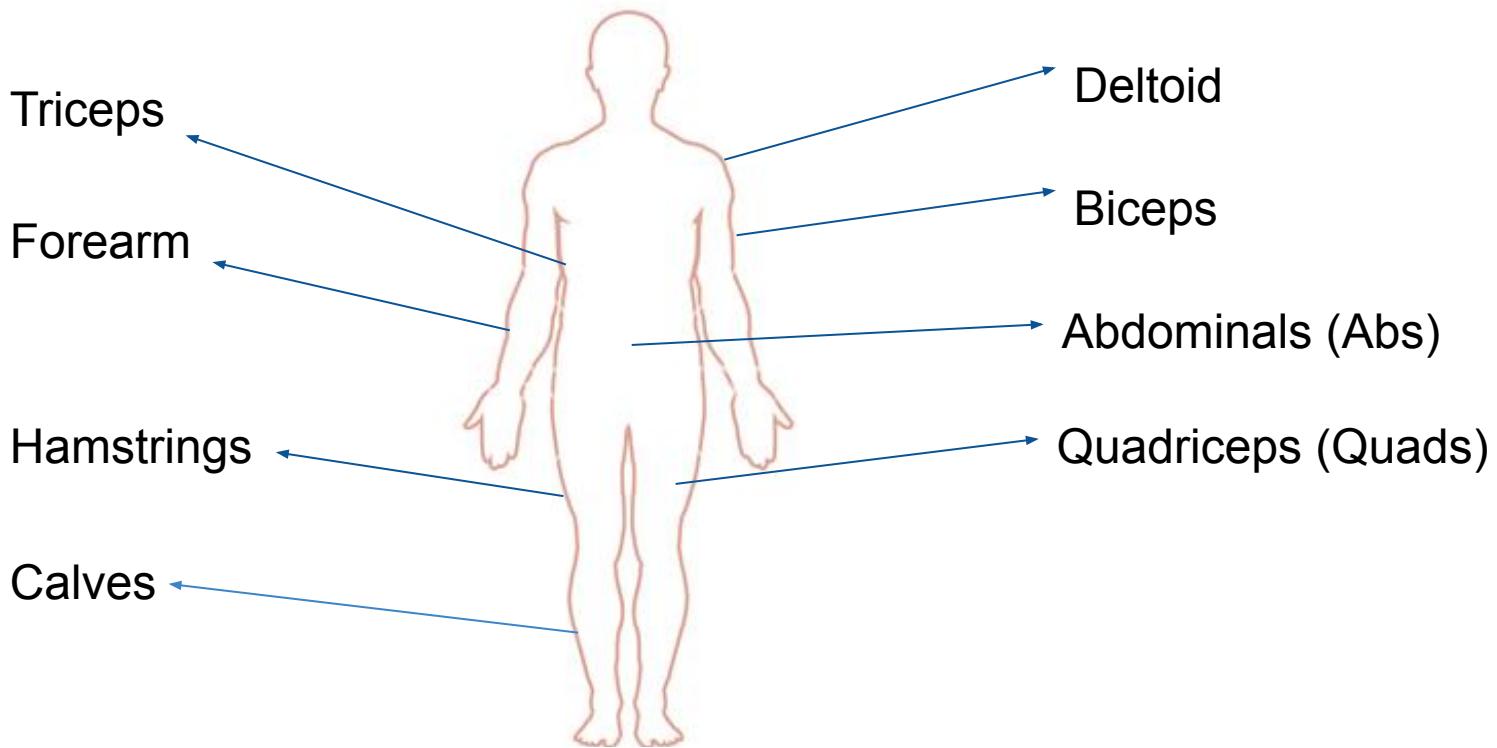
*Why is  
yoga  
good  
for  
you?*

## Some good Yoga rules...

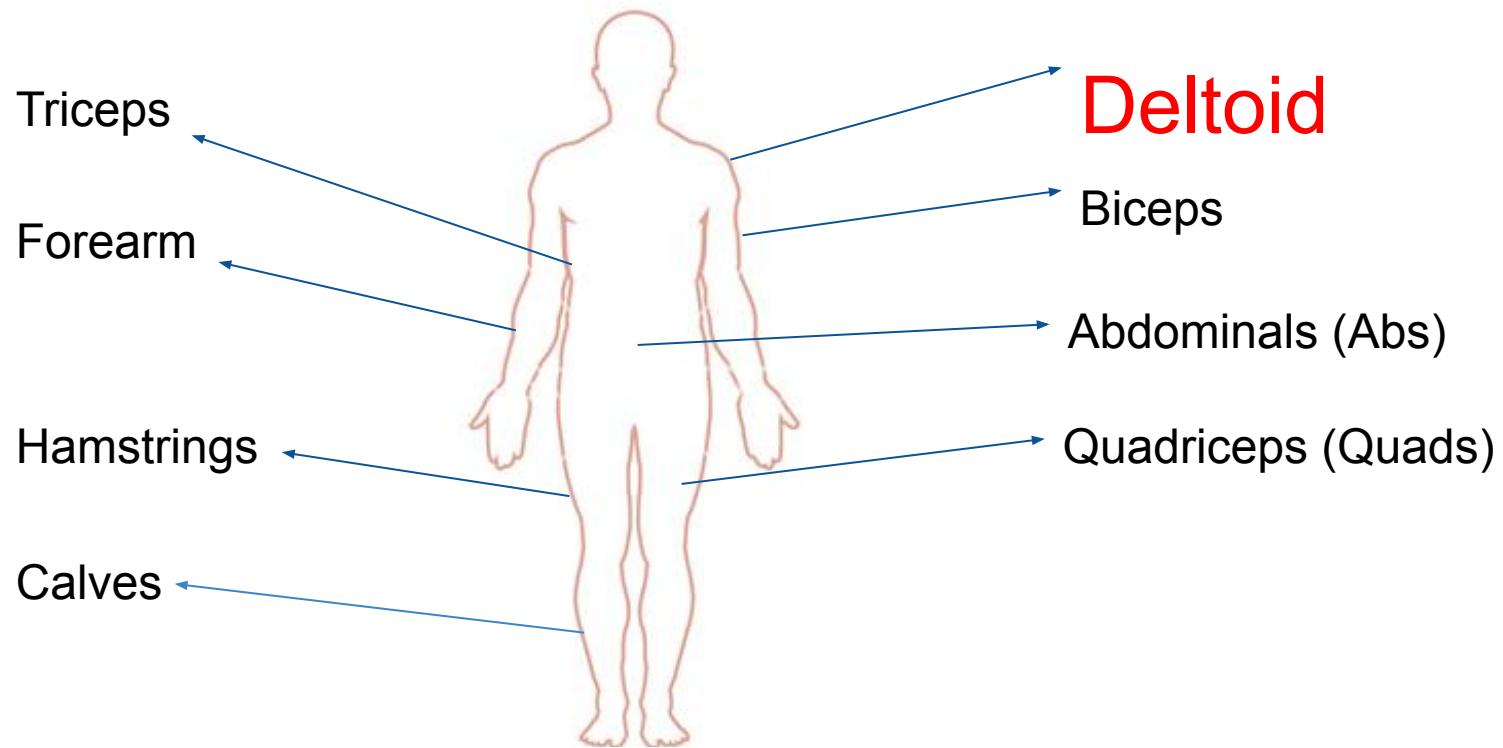
1. Challenge yourself! Get outside of your comfort zone and try new things!
2. Everyone's bodies are different. Some people are more flexible than others; some people have more balance than others, etc. You won't all be able to do the same thing..and that's OK!
3. Be respectful of other kids, the teacher, and YOURSELF
4. Have fun!

...Can you think of any more?

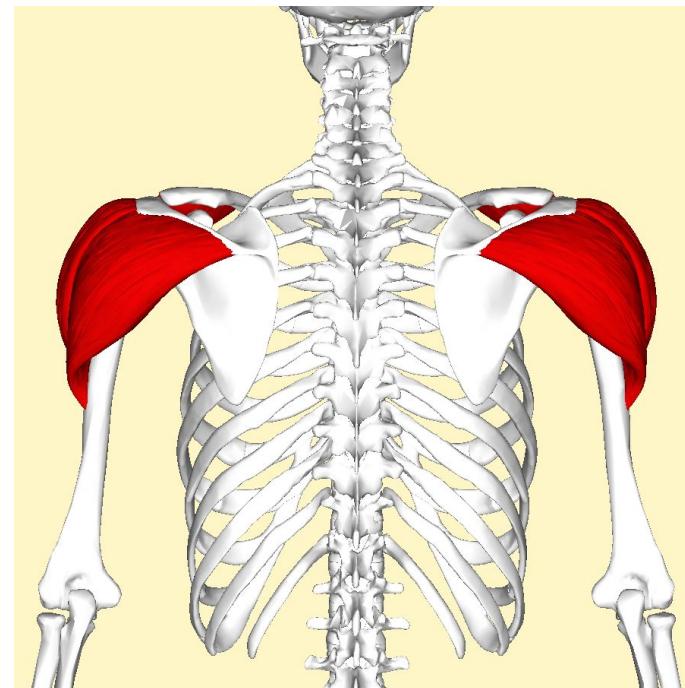
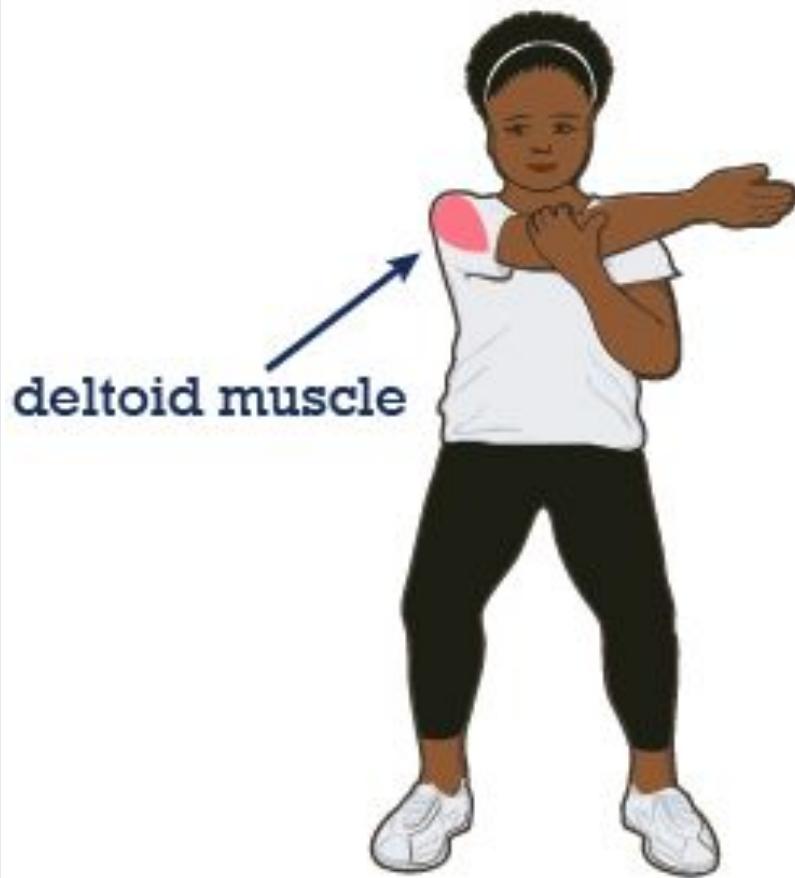
# Let's learn some human anatomy to help us with our yoga poses!



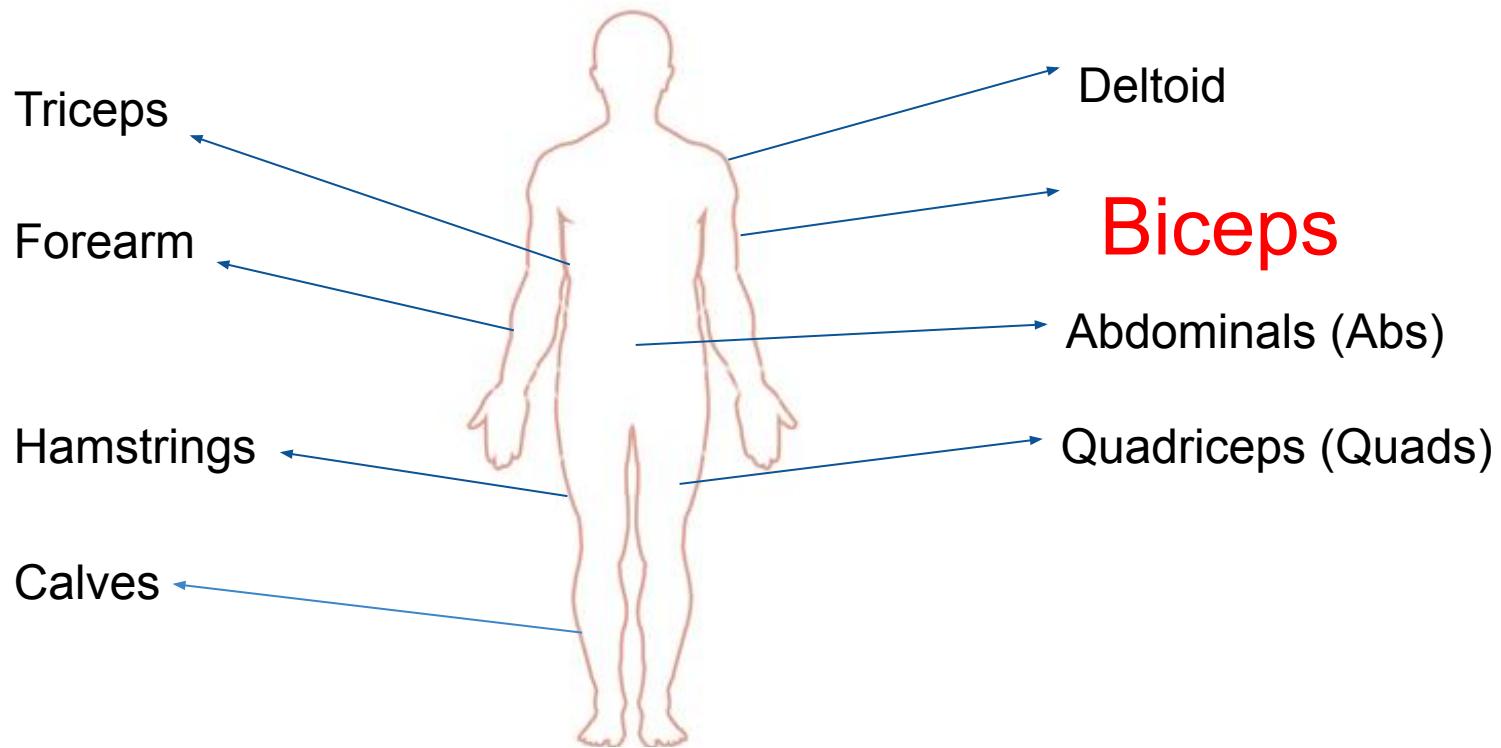
# Human Anatomy!



# Deltoid Muscle



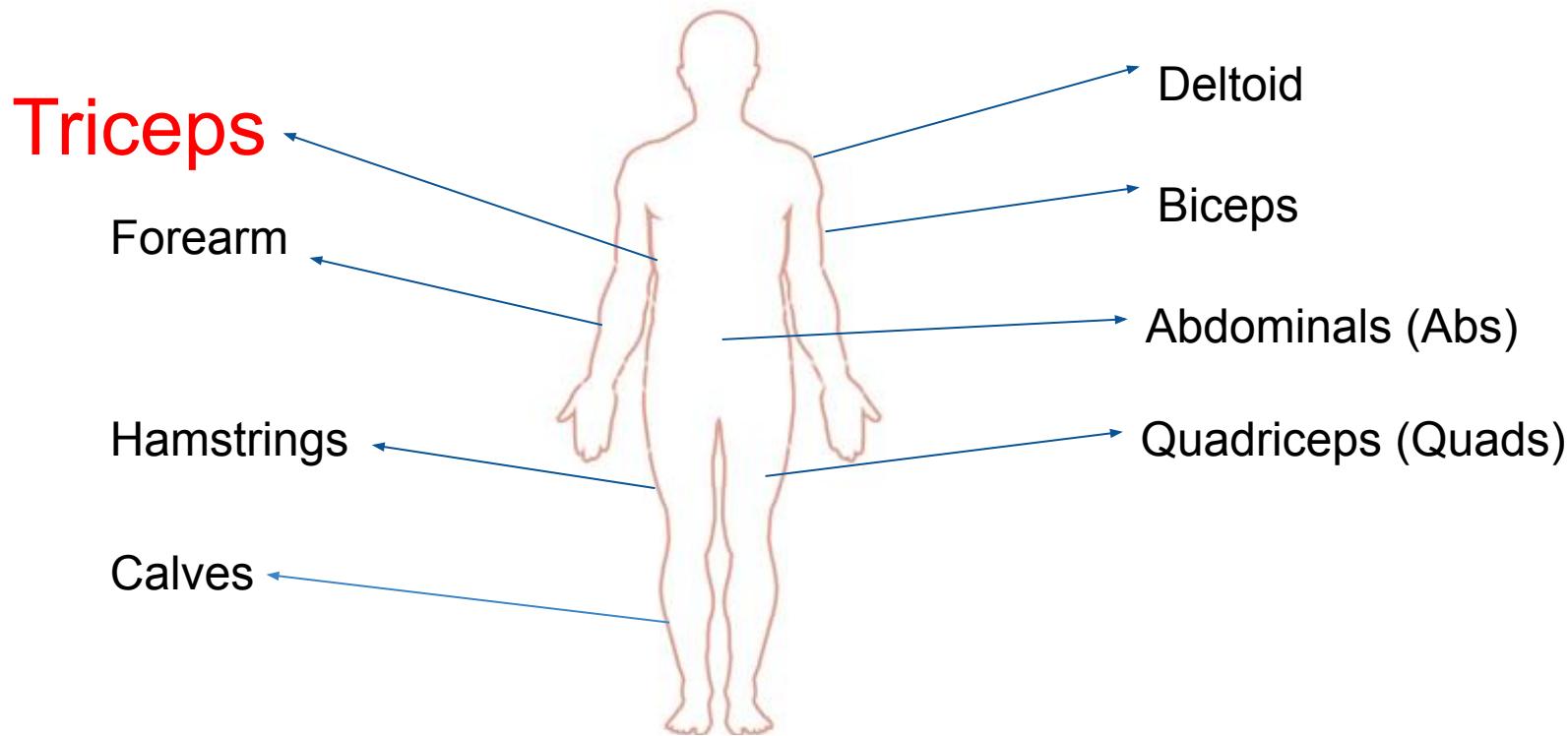
# Human Anatomy!



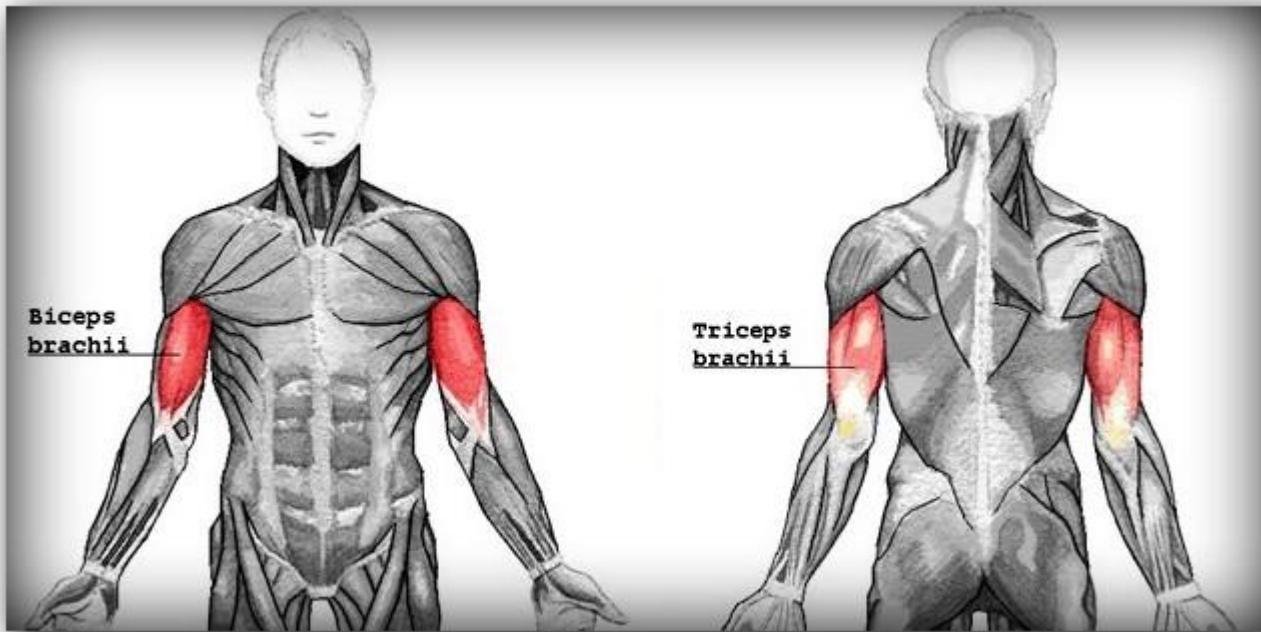
# Biceps Muscles



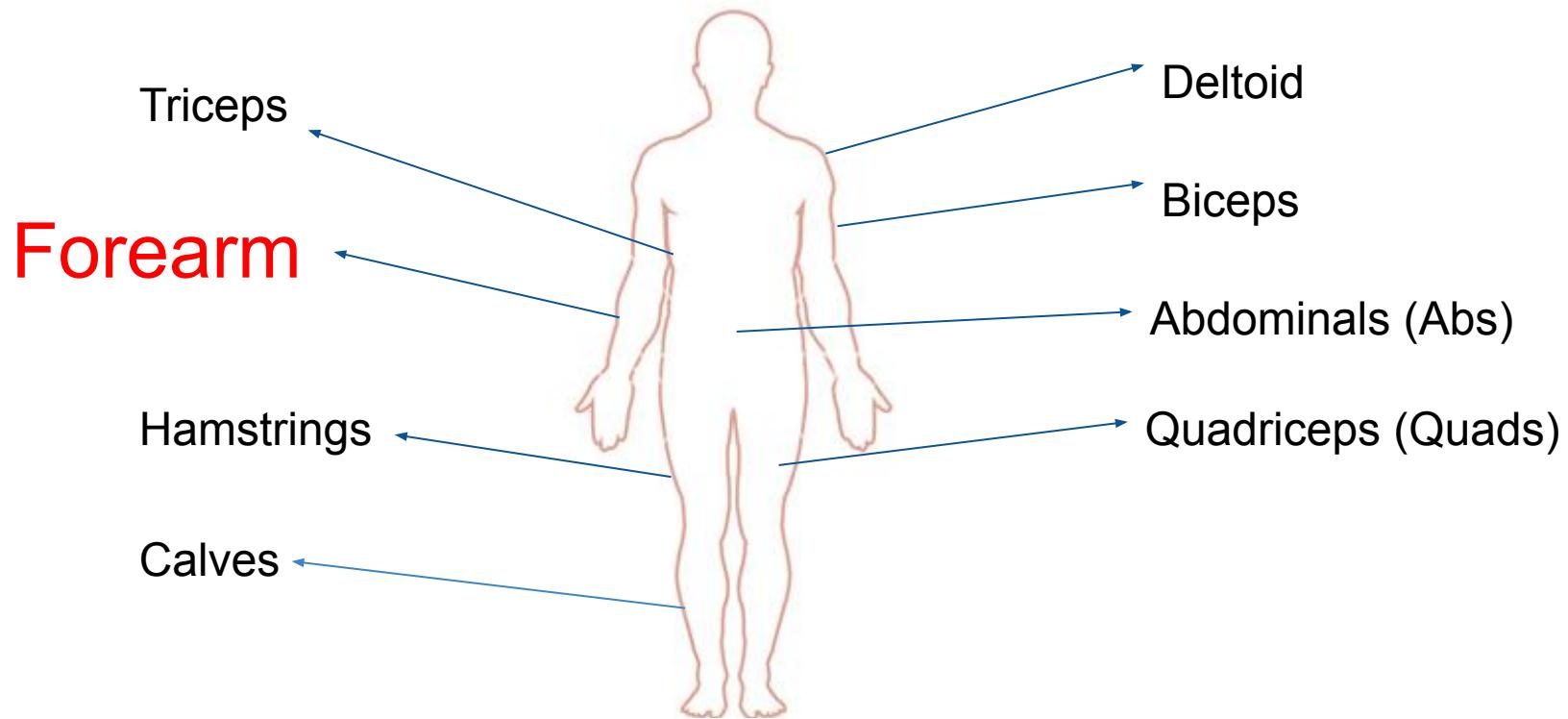
# Human Anatomy!



# Triceps Muscle



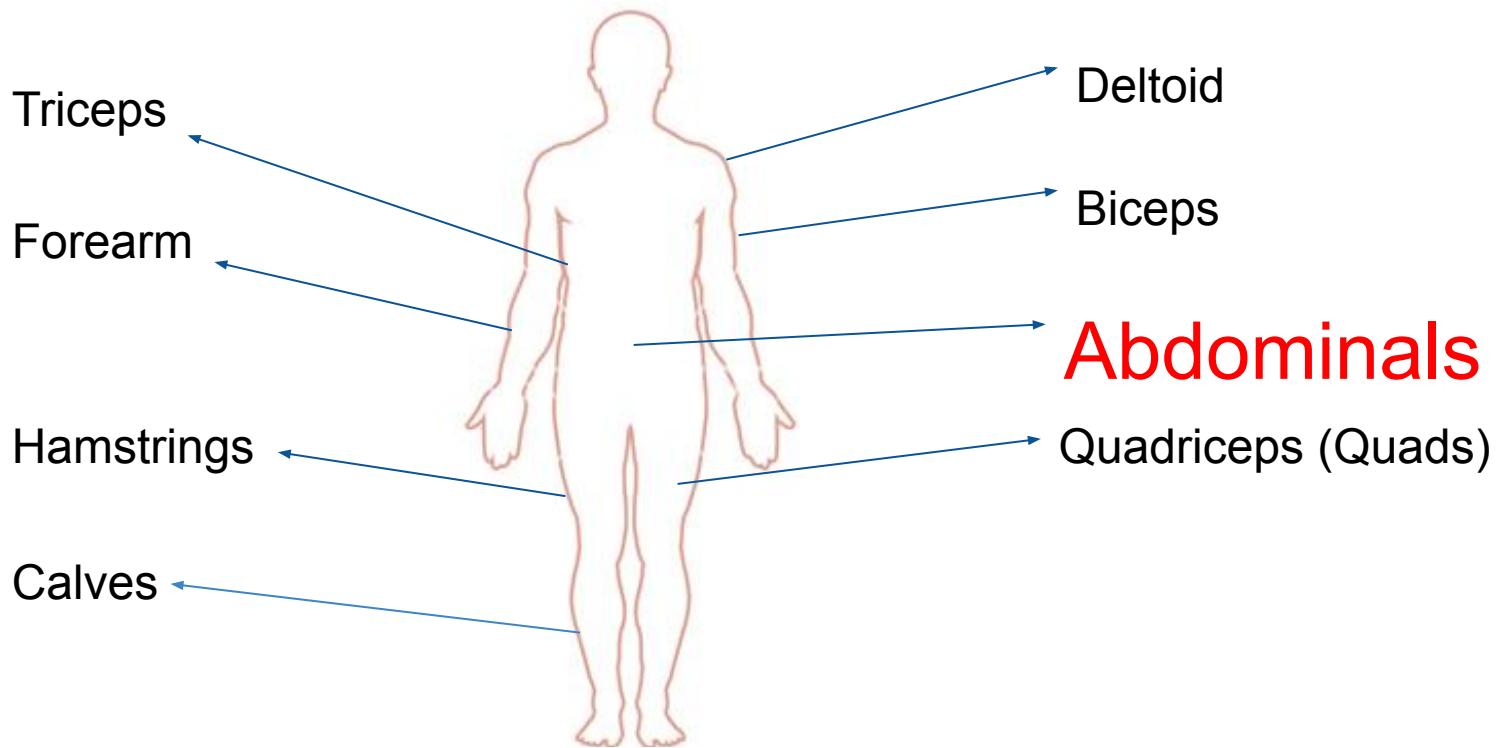
# Human Anatomy!



# Forearm



# Human Anatomy!

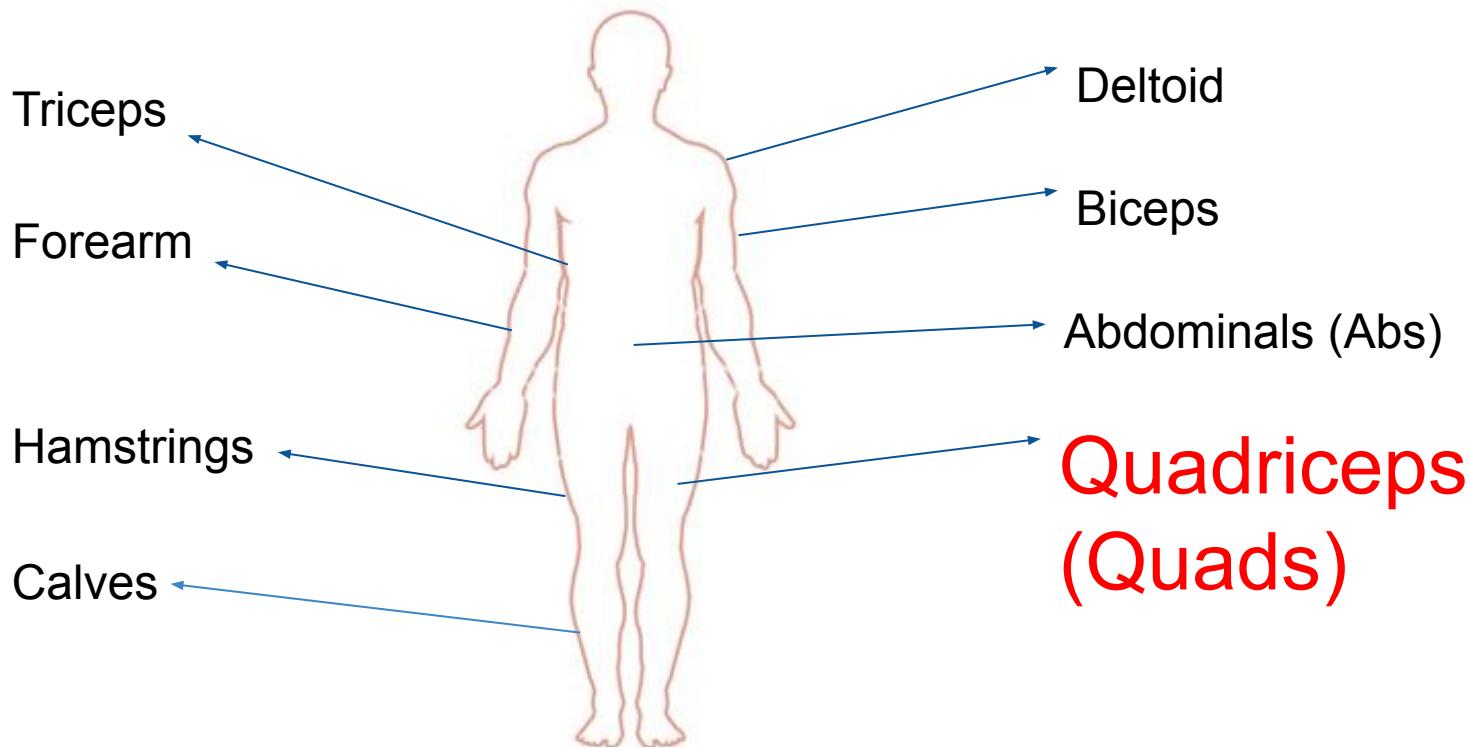




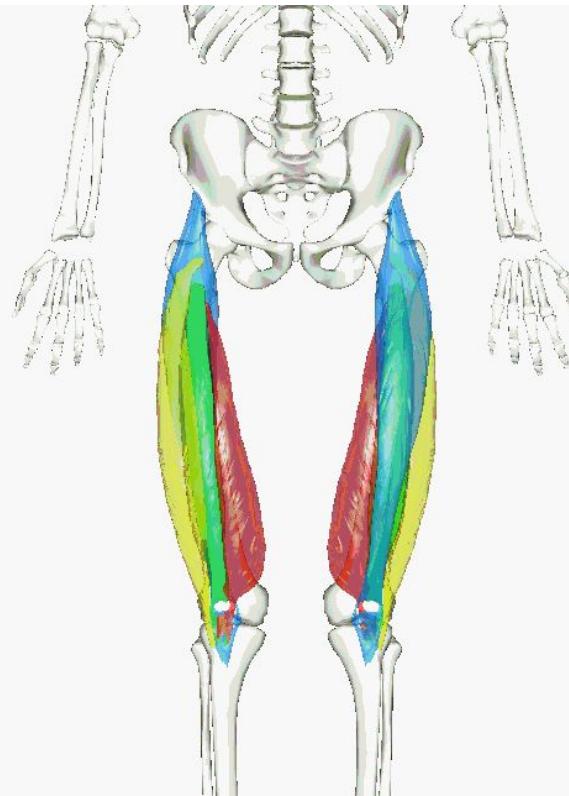
# Abdominals



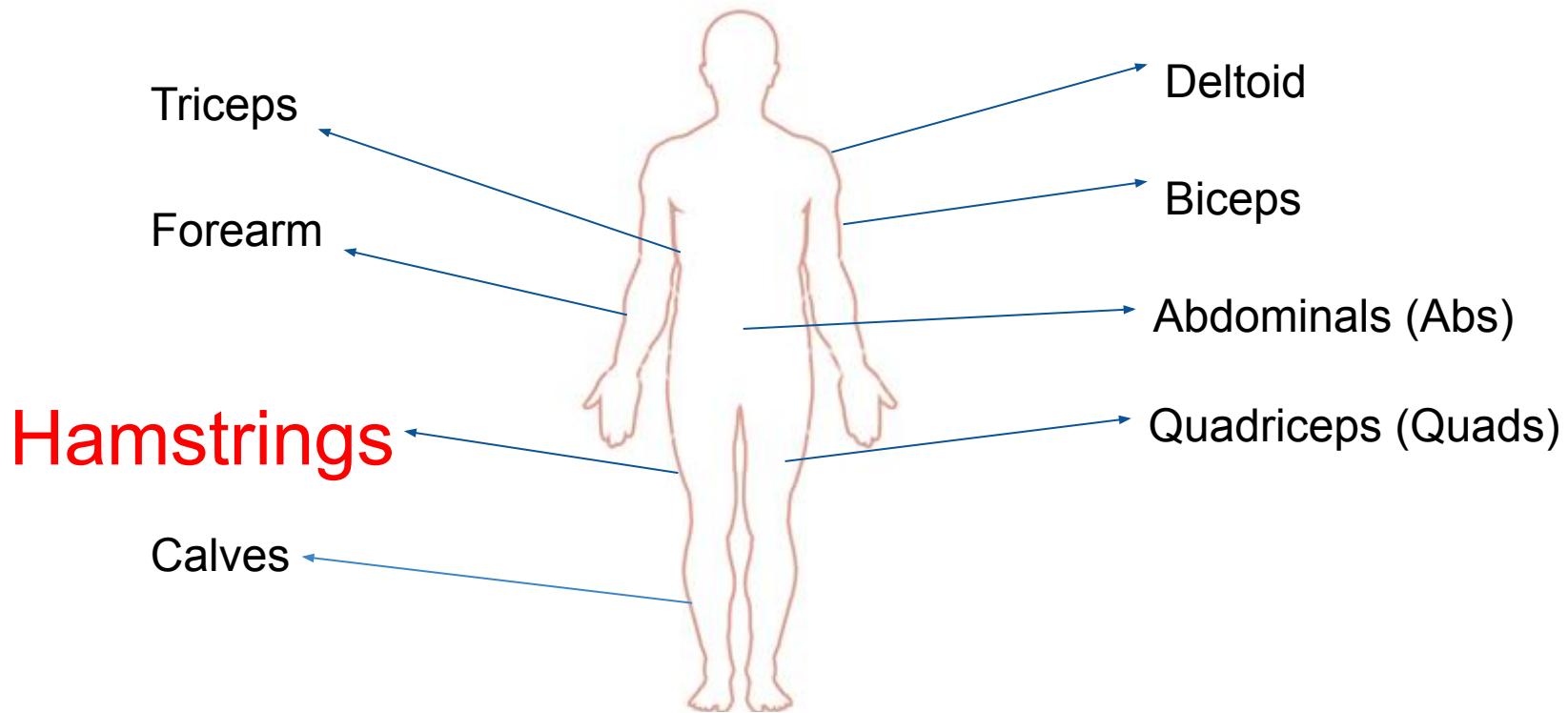
# Human Anatomy!



# Quadriceps



# Human Anatomy!

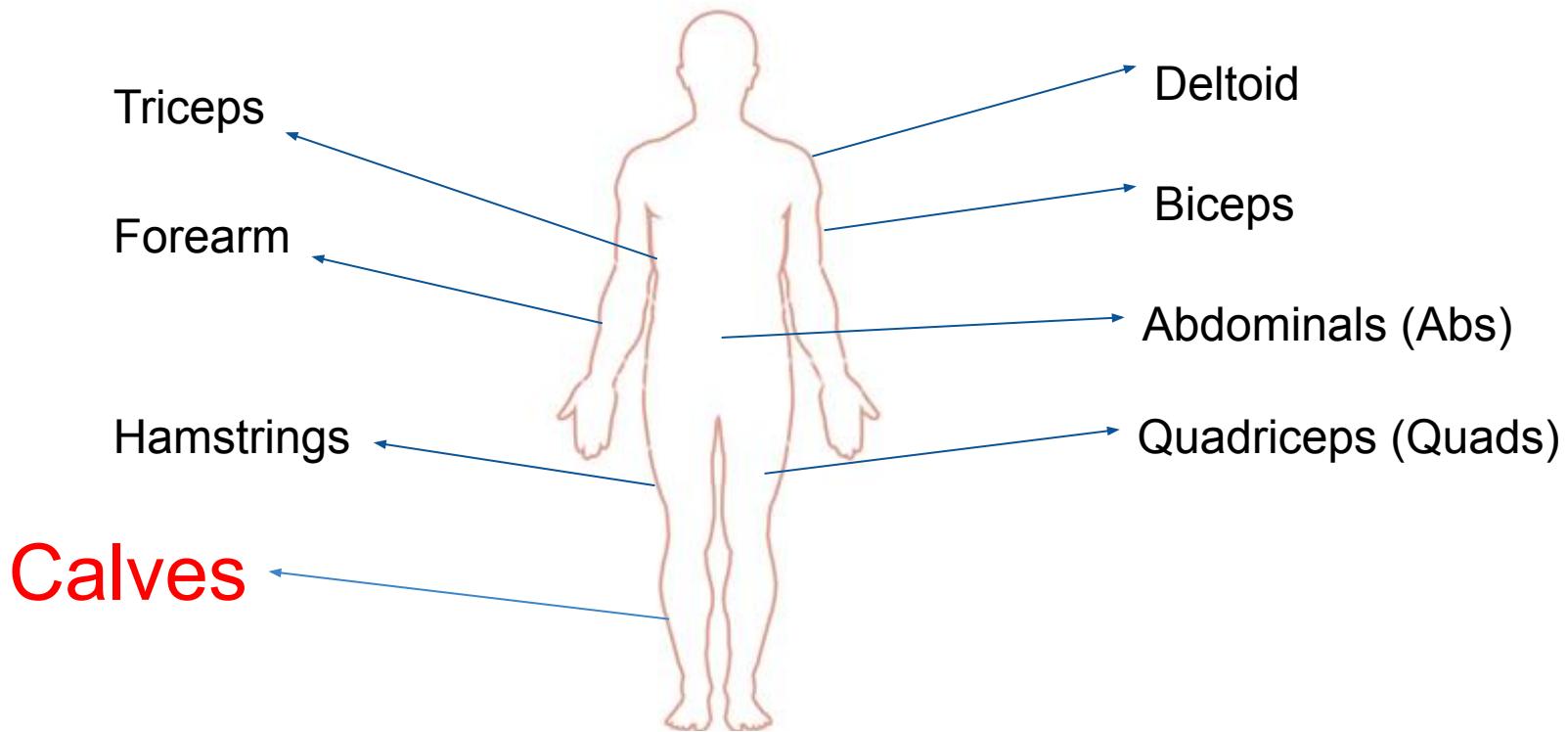


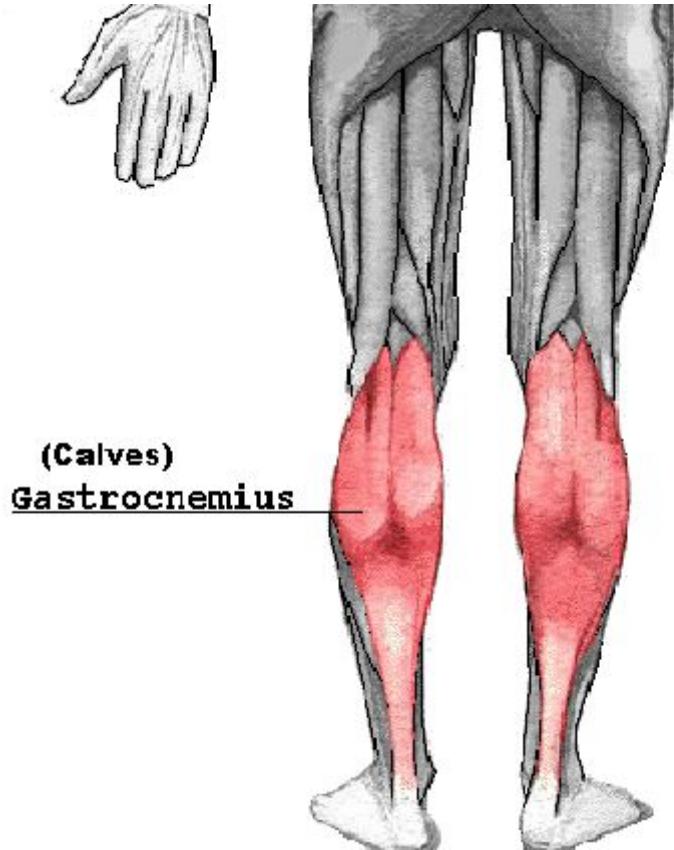


# Hamstrings



# Human Anatomy!





# Calves



# Let's learn some poses!

Child's pose/rock, tabletop, cat,  
cow, down-dog, plank,  
chaturanga, updog/cobra,  
mountain, swan dive, gorilla,  
reverse swan dive, 5-pointed star,  
chair

# Child's Pose/Rock Pose



# Tabletop Pose



© 2012 ECKART STAMM PT

# Cat/Cow Pose



# Downward Facing Dog



# Plank Pose



# Chaturanga

---



# Updog/Cobra Pose



MICHAEL WINOKUR

# Mountain Pose



# 5-Pointed Star Pose



# Chair Pose



# Swan Dive/Reverse Swan Dive



# Gorilla Pose



# Let's play some games!

- Yogi Says
  - This is just like “Simon Says” except instead of Simon, it is Yogi, and the Yogi will tell the kids to get into different yoga poses! (Yogi is someone that practices yoga.)
- Musical Mats
  - This is just like Musical Chairs except with mats. Yoga mats will be placed into a circle with the name of a yoga pose or a yoga card on each yoga mat. The kids will run around the outside of the yoga mats, and when the music stops, they will have to find a mat and be the first one to strike that yoga pose. Whoever does not get on a mat first and do the yoga pose correctly will be out. A yoga mat is taken out every round so that there is one less than the number of kids playing.

# Challenge Pose: Tree Pose



Copyright DietTools.com



## Week 2: Namaste and Shavasana

Namaste: “My soul recognizes your soul. I honor the light, love, beauty, truth and kindness within you because it is also within me. In sharing these things there is no distance and no difference between us. We are the same. We are one.”

In your own words, what does Namaste mean?



Let's go over our old poses...Then let's learn some new ones!

- 3-legged down dog
- dragon
- twisting dragon
- warrior 1
- warrior 2
- triangle
- twisting triangle
- airplane

# 3-Legged Down Dog



# Dragon Pose



skimble

# Twisting Dragon Pose



# Warrior 1



# Warrior 2



JASPER JOHAL

# Triangle Pose



RICHARD CUMMINGS

# Twisting Triangle Pose



RORY EARNSHAW

# Airplane Pose



MICHAEL WINOKUR

# What is Shavasana?

Shavasana, also known as Corpse Pose, is traditionally practiced at the end of a yoga session for around five minutes. This is a time to relax your mind and your body and think positive thoughts!



# Challenge Pose: Dancer's Pose



## Week 3: Partner Poses and Games!

Warm-up Game: Yoga teacher shouts out a few body parts and those are the only parts that kids can let touch the floor.

2 feet and 1 elbow!

2 hands, 1 foot and your head!

1 knee and 1 toe!

your stomach!

1 foot!

2 elbows and 1 knee!

2 hands, 2 feet and 1 knee!

2 feet and your nose!

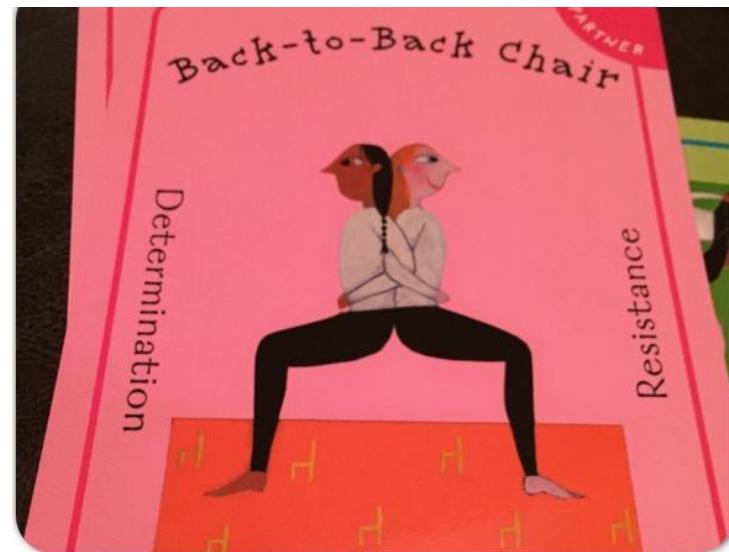
# Partner Pose 1: Rooftop



# Partner Pose 2: Elevator



# Partner Pose 3: Back-to-Back Chair



# Partner Pose 4: See saw



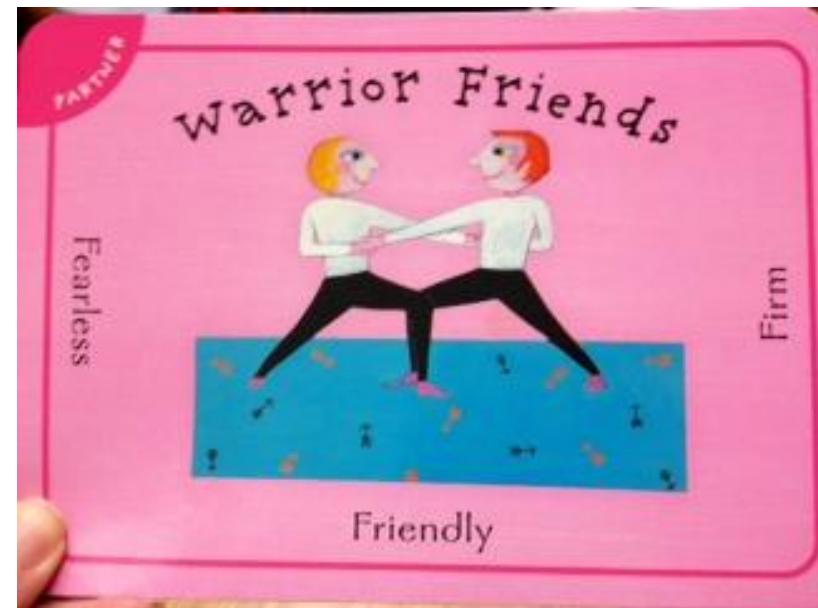
# Partner Pose 5: Double Boat



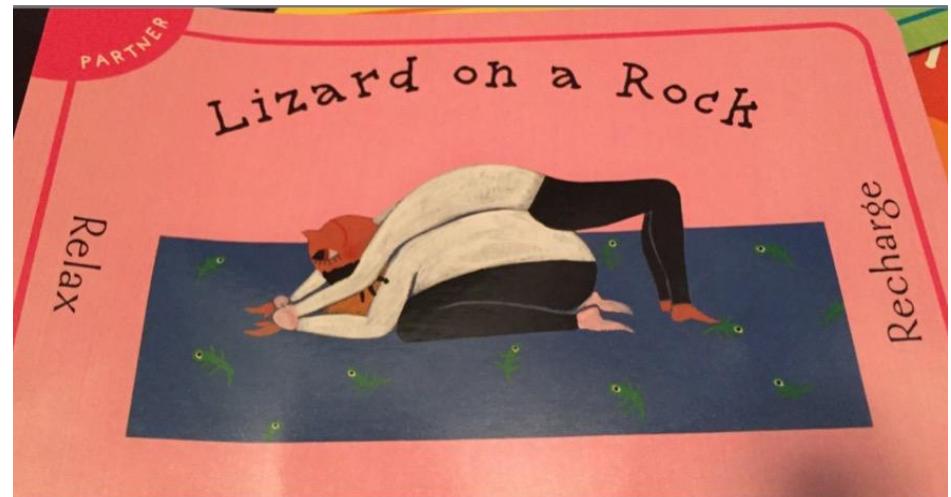
# Partner Pose 6: Double Pretzel



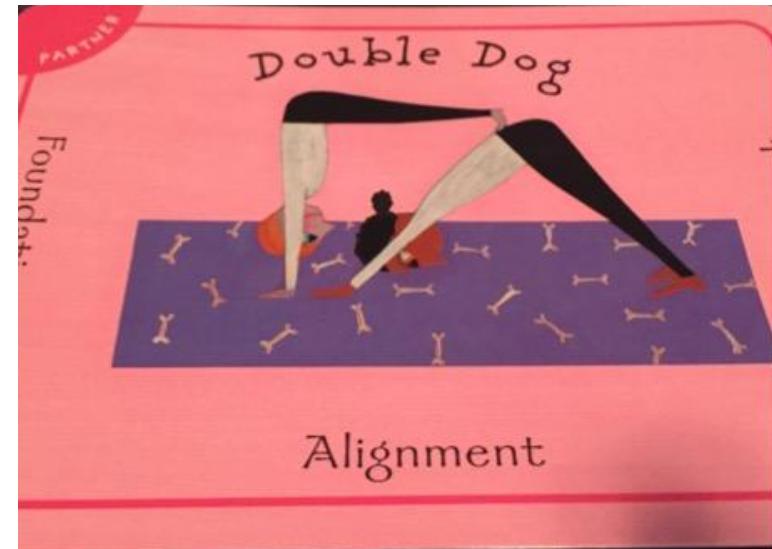
# Partner Pose 7: Warrior Friends



# Partner Pose 8: Lizard on a Rock



# Partner Pose 9: Double Down Dog



# Partner Pose 9: Open Heart



# It's Competition Time!

The yoga teacher will name a partner pose and the kids will try to get into that pose as fast as possible. The first pair of kids that get into the pose will get one letter. Have that pair of kids pick the name of a yoga pose that they want to spell out. The pair to spell that pose name first wins!

# Challenge Pose: Eagle Pose



## Week 4: Meditation

What is meditation?

Meditation is a practice where a person brings his mind to a state of peace, quietness, awareness and thoughtfulness. It helps you relax and learn more about yourself!



# Special Place Meditation



“Sit back and relax. Breathe deeply and slowly. Close your eyes and go inside. Feel your breathing and let go of everything else...

Image a place that is special to you...where you love to be.

It may be outside in nature, inside a house, or from a picture or dream. Wherever it is, go there now. Notice what it looks and smells like; see the textures and hear the sounds. In this special place, it is peaceful and beautiful...you feel safe and loved, happy and relaxed.

You can feel your heart and know your own mind. You are free to be yourself and you decide who else can come in.

You can invite someone you love to join you, or you can just be by yourself. Whatever you choose, enjoy some time for you in your special place.”

Activity: Draw your special place! Where did you go during meditation? What did it look like? Who was there with you? On the back, write a couple sentences describing how you felt when you were here.





Now let's go over old poses and play some games!



# Challenge Pose: Crow Pose



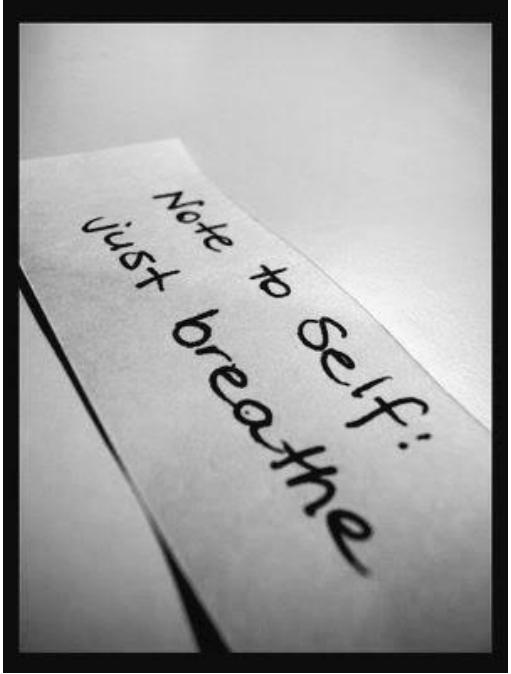
## Week 5: Breathing



What *is*  
breathing?  
What is an  
inhale?  
What is an  
exhale?

Activity: Have kids breathe in quickly and shallowly for thirty seconds. Ask them how they feel. Then, have the kids breathe in slowly and deeply for thirty seconds. Do you feel different than the first time?





Discussion: How can breathing differently affect how you feel? What are different ways to breathe differently? How can you apply what you know about breathing to your life?

# Elephant Breath!



“Elephants can shower themselves with their own trunks. Choose something to shower yourself with—love, laughter, strength. Stand with your feet wide apart. Link your hands and dangle your arms in front of you like an elephant trunk. Inhale through your nose as you raise your arms high above your head and lean back. Exhale through your mouth as you swing your arms down through your legs.”

Repeat for ten rounds. On the last round, stay up, arch your back and shower yourself!

# Let's go over old poses and learn some new ones!

- Head-to-Knee Forward Bend
- Reclining Hand-to-Big Toe
- Reclining Quad Stretch
- Pigeon Pose
- Royal Pigeon Pose
- Locust Pose
- Bridge Pose
- Lying Twist



# Head-to-Knee Forward Bend



gettyimages.in

# Reclining Hand-to-Big Toe



# Reclining Quad Stretch



# Pigeon Pose



# Royal Pigeon Pose



# Locust Pose



# Bridge Pose



# Lying Twist



# Challenge Pose: Side Plank



## Week 6: Bringing It All Together

- Create your own yoga pose!
  - Pick a name for it
  - Then, create a card for future classes to use!
  - On the front:
    - Picture of you in your made-up yoga pose
    - Write 3 words around the picture that describes the pose
  - On the back:
    - 3-4 pictures of you doing the pose in different steps



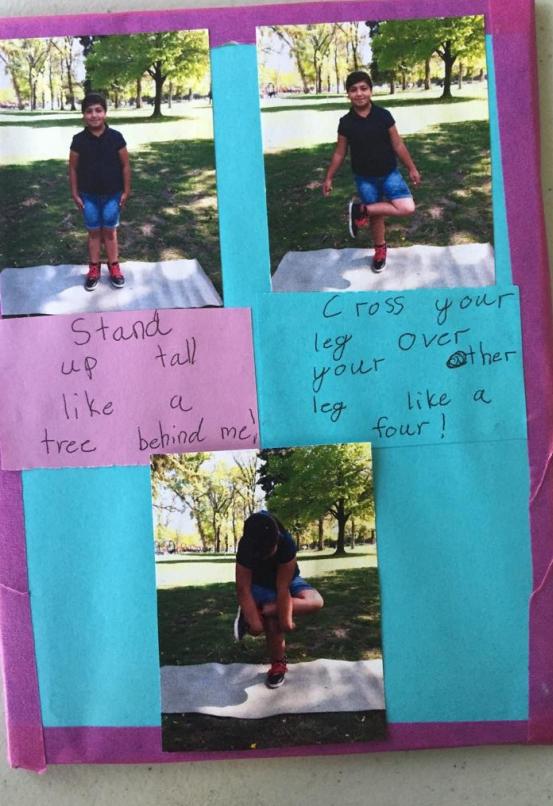
Stretching

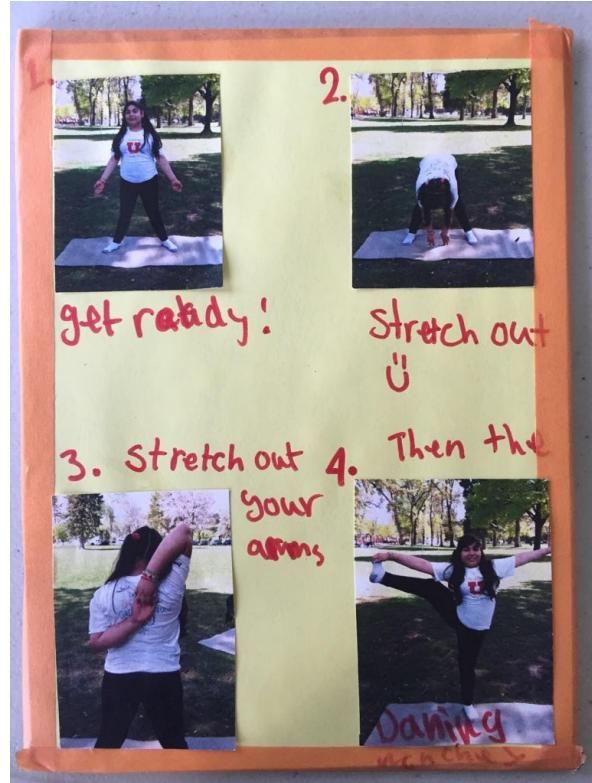
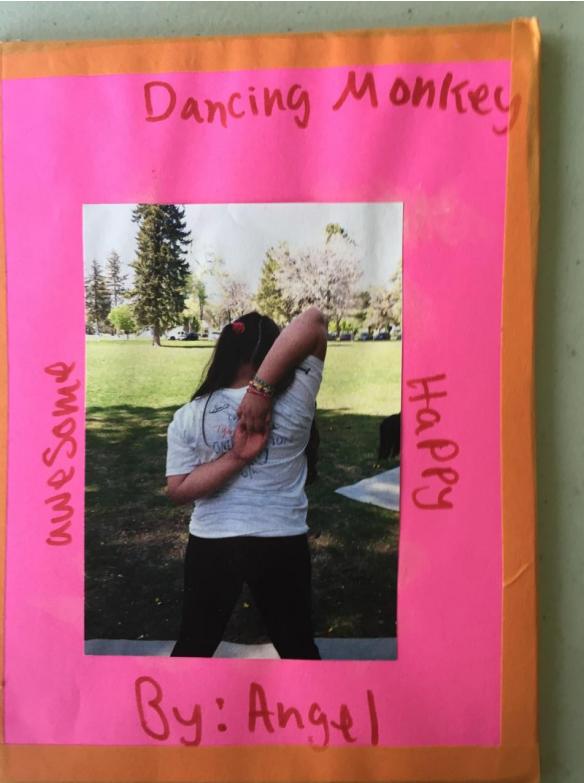
## Knee—Crouch



Bend

flexible





Now it's time to learn what a real yoga class is like. Try to remember everything you have learned and have fun!



# Materials & Supplies

- yoga mats
- music player and yoga music
- card board
- colored paper
- pens
- colored pencils
- scissors
- glue
- camera



# Pro Tips by Jennifer Horak

- Switch it up by going to different parks on occasion and have a kid pick the spot to do yoga.
- Be flexible. Sometimes the kids will have the energy/focus/interest to learn a lot of poses, and other times, it should just be a yoga-game day.
- Ending with games is a fun way to end the class.
- Keep emphasizing that everyone's bodies are different. Some people are more flexible, some people have more balance, etc.
- Give a challenge pose at the end of the class for kids to practice on their own if they want to be challenged more.
- Have a suggestion box. Maybe some kids really like to meditate and want to do more of it. Maybe kids take the poses more seriously if it is a part of a game. Maybe some kids want more challenging poses to practice.
- Make it fun! Use games, fun music, different kinds of meditation, different kinds of breathing activities, etc.

# Resources:

- <https://www.youtube.com/watch?v=CU3HuPNsyG4>
- <https://www.youtube.com/watch?v=98ficcEu-ns>
- 

