

Dear Families,

With all of this 'online learning' happening I decided to share some ideas that will make for a positive mind and body. Feel free to do what you wish with this information and if you have any questions or would like to share how its going, please do so! Even with all of this social distancing happening, we can still stay a part of our community by practicing grace, courtesy, creativity, being out in nature, and breathing.

We start all of our yoga sessions by sitting. If you have enough people to sit in a circle, that works best as the energy can flow around endlessly but if its just two or three family members sit together however you wish.

Candle/brownie breathing:

Place a finger in front of your face breath in (your finger is a brownie and it smells delicious...breath in the smell until your belly is full. Now your finger is a candle. Blow it out with your mouth. Slowly and with control) Do this 3 times.

Flower Breaths:

Sit with your legs out (it is done best in a circle with all feet pointing to the center looking like a flower center but of course will work with any number) Start by bending down and reaching towards your feet. Breath in-arms reach up over heads, breath out-hands fall back down towards feet. Do this at least 3 times.

*Breathing is mechanical and something we do without even really thinking about. When you practice yoga, its important to really focus on your breath and fill your lungs/stomach as you breath in, hold it for just a few seconds and then slowly breath it out your mouth with control. Doing it three or more times will help calm your mind and body and give your brain the proper amount of oxygen. You do not need to be on a mat to practice this breathing.

Warm Up Songs:

Circle Song:

We start our practice with this song, again you do not have to be in a circle.

Lets all stand in a circle, lets all stand in a circle, lets all stand in circle and take a breath or two (breath in and out two times)

Lets twinkle like a star, (stand in star pose) lets twinkle like a star, lets twinkle like a star, then stand in mountain pose (standing with your hands together in front of your heart center).

Lets reach up to the sky, lets reach up to the sky, lets reach up to the sky, and hang down in rag doll (bend at your core and reach towards your toes loosely swinging your arms) Lets stomp our feet together (we do silent stomps but that's up to you) lets stomp our feet together, lets stomp our feet together, then reach up to the sky.

Lets all sit down together, lets all sit down together, lets all sit down together and reach our nose to toes (sit with legs together in butterfly then bend down at core towards toes).

Sun Salutation: My personal favorite. This sequence will move your entire body and strengthen all muscles. As an adult I like to do this 3-5 time as a warm up. Your children know this sequence through song. The two songs we use are on iTunes.

Sun Dance (Salutation)

Artist: Linda Lara

Dance for the Sun

Artist: Kira Willey

Once you memorize the moments you are able to do this flow on your own :)

Stand with feet together

bend down to rag doll

bring one leg back

bring the other leg back to be in down dog

drop to the ground

push up to cobra

push back to down dog

bring your other foot forward

meet your feet together

hang in rag doll

slowly lift your torso up

lifting arms to the sky

bring together and down to heart center

*Once warmed up we like to do some movement songs. Not all are “yoga” but they do a great job getting your heart rate up. All are on iTunes and some can be found on youtube.

I Grow with Yoga

Artist: Sammie Haynes

Big White Star

Artist: Sammie Haynes

Shake your Sillies Out

Artist: Johnny Only

Five Days Old

Artist: Laurie Berkner

The Goldfish

Artist: Laurie Berkner

Stepping out on the Town

Artist: Hap Palmer

Do the Dragon

Artist: Ronno&Liz Jones

*After 3 movement songs its nice to center with a few standing breaths. Feet together breath arms up, hands together, down to heart center x3

*Sit back down for a grounding activity.

Safari/Boat Ride

These are two different grounding activities but have the same idea. Either sit with feet out and pretend to drive (safari) or sit with legs bent and try to balance on your bottom lifting feet up to be in boat pose. If you start on a safari drive looking for animals and have the children yell out an animal stop the truck and find a way to move your body like the animal would. Be creative. (Giraffe, lion, zebra, snake, monkey, elephant)

If you are on a boat ride, get in your boat and sing “row row your boat” when you are down look for sea creatures and move your body in ways they would. (starfish, shark, dolphin, fish, crab)

*There are specific poses for those listed above you could look for but its also ok to create your own.

Peanut Butter & Jelly

Sit with legs out. Bring one let in, take PB of the shelf, open it, get a knife and spread it on the bread (your foot). Its so sticky so carefully put it out next to your other foot. Put the knife in the sink and PB back on the shelf. Now, bring your other piece of bread to your body and get down the jelly. You can choose the flavor and sometimes we find fun things to put on...marshmallows, chocolate, pickles...) careful careful putting that slice back out in front of you. Clean up the jelly and knife. NOW being so very careful, bring your bread sliced together in-front of your body and squish them together. Using a knife cut your sandwich and half and eat it! (Bring one foot as close to your mouth as you can) do that to the other side. When you're all down stretch your legs out and shake them in front of you.

Bear Hunt

At this point I have the story memorized but it is on youtube (Im so sad I can not find it on iTunes)

Going on a Bear Hunt

Artists: Greg & Steve

You sit and use your hands to “walk” with the beat on your legs. For wheat field you rub your hands together. For bridge you knock on your chest. For Tree you make fists and stack them onto of each other as high as you can then bring them down. For the river you get in boat pose and row. When you come to the cave you tip toe inside using your fingers on your legs...once you see the bear you run and go through the motions again faster.

You could also do this by doing the yoga poses for bridge, tree, and boat then walk out the rest of the motions.

If you are feeling really creative you could build this adventure around your house and end in the cave which could be a blanket fort.

Slippery Fish

We sit with the song and made hand motions for the different ocean animals

Slippery Fish

Artist: Amy Liz

*Closing a yoga practice is important. Its giving you time to reflect on what your body just did and how capable you are. I will list a few ideas but really you only need to do one to end.

Metamorphosis Transforming from one form to another

Seeds-Tree

Start with your body in a ball position (knees to ground and head to knees) You are a seed beneath the earth. It is dark, feel the weight of soil above you. You do not feel the sun or rain but your body knows it needs to grow to feel the elements. Slowly grow by lifting your head and body (you are now kneeling). The sun shines on your head and you feel the rain come down. The wind blows you and you move forward and backwards and side to side and you start to grow. (Stand with arms to side). The sun shines on your head and you feel the rain come down. The wind blows you and you move forward and backwards and side to side and you start to grow. Move your hands in any way you want your tree to grow. The sun shines on your head and you feel the rain come down. The wind blows you and you move forward and backwards and side to side and you start to grow. Your feet are rooted and your branches are strong. Take a moment to feel how mighty you are. (Ask them what tree they grew into)

Caterpillar-Butterfly

Start as a tiny egg on a leaf. Your body in a ball position (knees to ground and head to knees) take some breaths and feel the sun warming your egg. S-l-o-w-l-y crack open your egg and wiggle your body out. Inch your body along the floor, feeding on leaves. You now know your body wants to change so you curl up into a cocoon (take three floor rolls then pause) after a few breaths break out of your cocoon and spread your wings. Stand up and make big wing movements, you are now a beautiful butterfly.

Egg-Bird

Start as a tiny egg on a leaf. Your body in a ball position (knees to ground and head to knees) take some breaths and feel the sun warming your eggs. You start to peck your egg open...slowly stretch your body out and stand. At first fly your arms slow and then faster and faster until you can walk as a bird flapping your wings. You are now a bird. What bird are you?

Meditation

Have a mat or a blanket and lay on your back with arms and legs out like a star fish. Place a animal on belly (beanie babies are great for this) and just watch the animal rise and fall as you breath to a calm song

Lay on your back with arms and legs out like a star fish. You will be moving your body in small movements all the way up. Start with toes wiggle just your toes, then wiggle your legs, tighten your belly and let it go, shake your arms, wiggle your fingers, shrug your shoulders, move head side to side...now just breath. 3 breaths.

Have child lay down and walk them through a visual meditation. You can create these yourself. Think of an ocean or a jungle or a place your child knows well and walk them through it. You can do the tree house meditation which is my favorite.

Close your eyes and imagine your surroundings. Maybe you want to be in a forest or behind your house. Maybe you want to be in the mountains or by the sea...think of a place you would like to build your very own tree house. (give them some time to imagine...they are not to talk). Now how would you like to build your tree house? Are you going to use wood? What colors would it be...(pause) Think about how you will get into your tree house. Will you use a ladder, rope, an elevator? (pause) Once you get into your tree house...what will you see? What colors are around you? What type of furniture will you have? Are there snacks in there? Windows? Really use your mind to decorate your tree house (pause). Now its time to climb down...once you're out take a good look at your tree house and know you can go back any time you want.

Have them breath. You can end it here or you can have them draw what they imagined. You can do this with any visual meditation you come up with. I love watching imagination come to life. You could even have them write a mediation and then have you read it to them later.