YOGA SHORT I – MEDITATIVE AND CALMING

SET-UP:

- Have children place chairs next to their desks facing you at front of room

ALIGNMENT:

- "Sit with the back against back of chair"
- "Place the feet flat on the floor and place the hands on the knees or in the lap"
- "Lift the sternum (breastbone) up so the heart and lungs have more room"
- "Relax the shoulders back and down and center the head over the shoulders"

BREATHING:

- "Let the belly puff out first as you inhale; then feel the ribs expand as you inhale all the way"
- "Exhale gently through the nose as you let the chest and lungs relax, draw the belly in at the end of the breath"
- Repeat the instruction 2 or 3 times then let them do it on their own; invite the children to close their eyes if they would like

MOVEMENT:

- "With the inhalation stretch the arms up overhead; reach up nice and high"
- "As you exhale, fold forward from the hips, bring the arms forward and down until the hands touch the floor"
- "Take one full inhalation and a nice, long exhalation; let the shoulders, jaw and face relax completely"
- "With the next inhalation stretch the hands and arms out and come slowly up"
- "Bring the hands to the knees or lap"

RELAXATION:

- "Sit back in the chair resting against the back"
- "Allow the face to relax completely; the eyes the cheeks the jaw are soft and loose"
- "Imagine as you are sitting and breathing that as you exhale you feel your body sink a little more fully into the chair. Enjoy that peaceful feeling"
- Allow two or three more breaths in silence

CLOSING:

- "Sit up nice and tall and return the attention to the breath"
- "Take in a nice deep breath for OM"; then all together "OOOMMM"
- Thank students