

YOGA SHORT II – CALMING AND FOCUSING

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 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:

- ✦ "As you inhale raise the arms out to the sides and bring them overhead; feel the ribs stretching away from the hips as the spine lengthens"
- ✦ "As you exhale, let the arms come slowly down" (repeat this 2 or 3 times)
- ✦ "Come to the front of the chair; place the hands behind the hips on the seat of the chair; lift the sternum, arch the back while squeezing the shoulder blades together; don't throw the head back but look up with the eyes"
- ✦ "Inhale while holding the pose, then, as you exhale, round forward; tuck the chin to the chest and round the shoulders forward"
- ✦ "Sit up nice and tall and rest the hands in the lap or on the knees"

RELAXATION:

- ✦ "Return the awareness to the breath" (repeat breathing instructions above)
- ✦ "Allow the face to relax completely; the eyes the cheeks the jaw are all soft"
- ✦ "Just feel how good it feels to breathe; focus your awareness on the tip of the nose and notice the air is a little cooler on the way in and a bit warmer on the way out"
- ✦ Allow two or three more breaths

CLOSING:

- ✦ "Take in a nice deep breath for OM"; then all together "OOOMMM"
- ✦ Thank students