



YOGA SHORT III – FOCUSING & ENERGIZING

SET UP:

- ✦ Have children place chairs next to their desks facing you at front of room
- ✦ Be sure each child has enough room to stand behind the chair

ALIGNMENT:

- ✦ “Come to standing behind your chair”
- ✦ “Place the feet flat on the floor about hip-width apart”
- ✦ “Tuck the tailbone under; lift the sternum; center the head over the shoulders”
- ✦ “Let the arms just hang down”
- ✦ “Feel the feet on the floor, connect with earth energy”

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

MOVEMENT

- ✦ “As you inhale bring the arms up overhead; bring the palms together; feel the ribs stretching away from the hips”
- ✦ “With the next exhalation and keeping the hands together, let the hands move to the left as the hips move to the right; feel the stretch going down the side of the right waist (this side bend looks like a crescent moon)”
- ✦ “As you inhale come back up to center, palms still together”
- ✦ “As you exhale do the other side”
- ✦ “Come back up to center on the inhalation; bring the hands together and down in front of the heart as you exhale; then “shake loose”
- ✦ Place the left hand on the back of the chair; with the right hand bring the right foot to the inside of the left thigh; right knee pointing to the right” (tree pose)
- ✦ “Bring the palms together in front of the heart; try to stay balanced; breathe”
- ✦ “Do the other side, remember not to hold the breath”

RELAXATION: (sit in chair)

- ✦ “Allow the face to relax completely; the eyes the cheeks and the jaw are all soft”
- ✦ “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

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