

45 Minute Class Outline

Date _____ Location _____

1. Place socks in shoes on the SCHMAT mindfully at the entrance
2. **Warm-up** – Every Little Cell
3. **Bubble Gum** – Pranayama (Fancy word for deep breathing) 3 Rules: Our mats stay on the floor, Our Bodies stay on the mats, Yogatta have fun!
4. **What is meditation?(Use Calming jar for visual)**
 - **Do Koo-Koo Head**
 - **Yoga is A-OK**
 - Show them **Peace Begins with Me** using their fingers in the air and saying it aloud, bring them down on your knees and whisper the mantra, and finally say it quietly in your head still tapping your fingers

6. **BLISS**

7. **Salutation to the Sun** - Sergeant Salutation / Rolling Salutation/ Dance for the Sun (circle one)

8. **OM Workshop: Learn/Review 2 poses in depth /Partner poses**

9. **Story/ Game/ Activity/Song**

10. **The Secret Garden** – Shavasana Pose on mat, Spray Lavender spray while reading about Tinker bell’s fairy dust and place wishing gem on foreheads after reading the Secret Garden

11. **Closing Wish:** May the whole world be filled with peace and joy, love and light, and lots of peaceful children!.... Namaste....Namaste....Namaste....

- Put glitter on hands “Don’t let anyone ever dull your sparkle!”
- Craft/Send home activity:
