



## Mother & Daughter Retreat

1. **Introduction:** Welcome to our first Mother-Daughter Yoga Retreat! My hope is that daughters will have fun connecting with moms and moms will have fun connecting with daughters in a whole new way 😊
2. **Web of Connection:** Sit in a circle. We are going to pass around a ball of yarn so that in the end we are all connected. When it's your turn and you receive the ball of yarn, wrap the yarn around your finger to hold place. Then you'll pass the ball of yarn to someone else. When it reaches you, tell us your name and something about you. After everyone has had a turn, we will have a web of connection.
3. **Warm-up- Hula Hoop Circle Game:** Let's get in a circle. Paint some sticky pretend glue on each of your hands. Now everyone hold hands. Your hands are glued together so don't let go! We need to pass this hula hoop all the way around the circle...I wonder how we will do it? After we do it once, let's do it again the opposite direction and see if we can beat our time 😊
4. **What is Meditation? Why would we use it?**

5. **Koo/Koo Head/Yoga is A-OK/ Peace Begins with Me**
  
6. **Bliss: Agate the Moose** - read the story. **Agate** is a **moose** with poor self esteem. The book is a story about how his friends teach him that his true value is not on the outside but comes from within.. then show the geode and talk about it's the inside that counts. Also show the agate geode.
  
7. **Salutation to the Sun: Dance for the Sun**
  
8. **Heart Game:** Put a stack of hearts on one side of the room. Do yoga pose heading over to the heart. They must use a part of their body together to carry the heart back to the other side. Once they have collected them all, they will go back to their mat, put them in order and then I will give them string to string them together.
  
9. **OM workshop-learn poses:** **A.** Tree pose- Kickstand/peaceful tree/big oak tree **B.** Partner Tree Pose **C.** Triangle **D.** Partner Triangle pose
  
10. **Song: This Little Light of Mine** (Use finger lights) - Jogging, Star (in and out), Triangle, jumping jacks, tree, crazy dance, star (in and out)
  
11. **The Secret Garden:** They can lay holding hands or snuggle. Do they want a blanket? Spray lavender spray while

reading about Tinkerbelle's fairy dust and place wishing gem on foreheads after reading the secret garden.

**12. Pranayama: Back to Back Breathing - Promotes connectedness and calms**

This breathing is a partner breath exercise that offers an opportunity to connect with your child in a deep and meaningful way.

Say:

Let's sit back to back in easy pose. Let the weight of your body push back against each other. Can you feel the warmth of each other's backs? It's a warm, peaceful feeling. Let's practice balloon breathing> Breathe in slowly through your nose, filling up your balloon belly. Fill it up all the way so that your entire belly and chest expand. Now slowly exhale and feel your balloon belly deflate. Let all that stale air out of the balloon belly to escape out your nose. Let's do that again, breathing together.

**13. Closing Circle:** Talking Stick - What was your favorite part about yoga class today?

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

**15. "Don't Let anyone ever dull your sparkle" and put glitter on their hands**

**16. Culminating Art activity: "I AM" canvas**

## Supplies