



CHANUKAH CLASS OUTLINE

- OM (or shalOM in) (Yoga is A-OK) 3 OM's
- Meditation discussion (*Mashuguna Monkey/Koo Koo Head*) Meditation "Shalom Begins With Me"

- **BLISS: CHANUKAH**

Chanukah is here! It's time to light the candles.

Lighting the Chanukah candles, have all the children lie down in PLOW. Walk around the room and as you tap a child's feet, s/he will "light the candle" by lifting his or her feet into the air into CANDLE pose (shoulder stand). Once all the candles are lit, you can have them very slowly "melt" back into plow and then (just as slowly) all the way down to SAVASANA.

Now that the candles are lit, will you sing with me? Oh Chanukah, Oh Chanukah, come light (SHINING STAR) the menorah, let's have a party. (HOLD HANDS and DANCE in a CIRCLE.) We'll all dance the Hora. Gather around the TABLE. We'll give you a treat... Dreidels (SPIN to the right then to the left on your mat) to play with, and Latkes to eat. Close with- Just like the lights of our candles, let's remember that our lights shine and brighten the world around us

- Sun Salutations (*Salutation to the Sun/Sergeant Salutation/Rolling Salutation*)
- **SONG: This Little Light of Mine**
- OM Workshop: TEACH/REVIEW: menorah pose (goddess w/ 8 fingers), dancer & eagle
- **GAME: Play YOGA DREIDEL**
- **SONG: I AM A LITTLE YOGI**
- The Secret Garden (play Shalom Aleichem Dreams)
- Pranayama: Aleph Bet Breathing (or use nun, gimmel, hay, shin)
- Meditation: Shalom Begins With Me
- Mitzvah Circle: talking stick/yad: suggested questions:
If you could make a miracle, what would it be?
Give someone in the circle a Chanukah present of a compliment. Make sure that everyone gets one.
- Closing Chant: Shalom Closing Chant
- Closing Wish: **May the whole world be filled with peace and joy, love and light, and lots of peaceful children! Namaste..... Namaste.... Namaste..... SHALOM!**