



DAY CAMP YOGA BREAKS
BLISS, Song or Game, Mediation

SUGGESTIONS FOR A BLISS

Hebrew Heron

"I saw a HERON speaking Hebrew on the way into class today. He really needed a haircut... I wish I had brought my SCISSORS with me. He was cruising around the beach where I was having a picnic. He tried to eat my SANDWICH. I was sitting at a picnic TABLE under a shady TREE.

I Went to a Kibbutz

"Did I ever tell you about the time I stayed on a Kibbutz? There was a big farm there and I had to PLOW the fields before I could watch TV (TV pose). My mom would say, '(Your name), it's time to PLOW the fields, stop watching TV.' So I would PLOW the fields, but I really wanted to come back and watch TV. (Do this over and over - it's fun!) When I was finished I would go out and play with my DOGGIE in the field. He only had THREE LEGS but he was a great doggie, and we had lots of fun together. Everybody WALK YOUR DOGGIE. Let's take a rest by the TREE."

Ride Your Bumpy Camel Across the Negev

Start in COW FACE and go for a camel ride through the desert viewing cool things: COBRAs, desert FLOWERs, etc. Make sure you bump around a lot or go from side to side across the desert.

Totally cool dismount to go the other way. "Look over there. I see bedouin DANCERS!"

JEWISH FOOD

Let's make some of our favorite Jewish foods. What are some of your favorites? Bagels are one of my favorites. Grab the ingredients and put

them in our bowl (legs wide, backs straight) Mix it all up, stir left then stir right. Ok, I think it's perfect. Let's roll out the dough- (TOOTSIE ROLL). What about Challah? This is a special bread that is braided. Let's braid our bread now. TWIST RIGHT, TWIST LEFT. Who likes Gefilte FISH? What do we eat when we have a cold (or anytime for that matter?) They call it the best medicine, matzo ball soup. Let's make our matzo balls! HUG KNEES and ROCK N ROLL 3 times and then roll right up to standing. You can invite the children to make up poses for some other favorite Jewish foods, such as: Blintzes, Kugel, Macaroon, Rugelach, etc.

SUGGESTIONS FOR SONGS & GAMES

Songs:

- Jogging Through the Jungle
- Mashuguna Monkey
- The Yoga Slide
- This Little Light of Mine
- Try Try Yoga
- Yoga Nagila
- Yogi Shake

Games:

- The Red Sea Parts
- I Went to Visit my Bubbe
- Yoga Nosh
- Red Light, Green Light, Tree / Adom Or, Yah-Rok Or, Etz
- Aleph, Bet: 4 Corners or 4 Poses
- Mayim, Mayim, Gadol/ Water, Water, Grow! (duck, duck, goose)
- Sherlock Ommmmstein
- Joggin' Through Judea
- Yoga-lympics/ Maccabiah Games
- Musical Yoga Mats (use towels at camp)
- Zip, Zap, Zop

SUGGESTIONS FOR BREATHING & MEDITATIONS

Breathing

- Aleph Bet Breathing
- Bumble Bee Breathing
- Bunny Breathing

Meditation

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head
- Walking meditation, then a discussion...what did you notice? How can you use your 5 senses to connect with nature?