



Pesach/ Passover Class Outline

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

"Moses was a very HAPPY BABY. His mommy rocked him back and forth, back and forth (ROCK THE BABY). But, in order to protect him, she put him in a BOAT that floated down the Nile River. Pharaoh's daughter was sitting along the riverside where she would watch the birds and the HERONS and she saw the BOAT with the HAPPY BABY Moses in it. She STRETCHED forward (forward bend) as far as she could to save him, and named him Moses. Moses grew from a CHILD to a young adult in Pharaoh's Palace. He became the HERO of the Hebrews when he led them from slavery to freedom. He used his STAFF (talking stick) to perform miracles and save them from the BACK BREAKING (rag doll) work of slavery.

We celebrate the holiday of Passover to remember our freedom from Egypt. We tell the story of Passover every year, sitting at our TABLE for our Seder. We eat matzah, sing songs, and recline in our CHAIRS!"

- **Sun Salutations** (*Salutation to the Sun/Sergeant Salutation/Rolling Salutation*)
- **SONG:** Yoga Makes Me Strong
- **OM Workshop:** TEACH/REVIEW: Triangle / Pyramids, Hero/ Moses, Mountain/ Mt. Sinai, Star/ Star of David
- **GAME:** (choose one) Toe-Ga Passover- *Let's get ready for Passover & use our toes to remove the chametz!*, Musical Mats (*use fun Passover music*), The Red Sea Parts or Crossing the Red Sea
- **SONG:** Try Try Yoga (Dayenu) or The Yoga Slide
- **The Secret Garden** (play Shalom Aleichem Dreams)
- **Pranayama:** Aleph Bet Breathing or Bumble Bee Breathing
- **Meditation:** Shalom Begins With Me or Shira: *Play a piece of music that only uses 2-3 instruments. (Yoga Yeladim's "Shalom-Alechem Dreams is a beautiful choice or a traditional Pesach song)*
- **Mitzvah Circle:** talking stick/yad: Suggested question: Moses was a hero and stood up for what he believed in. What makes YOU a hero? How can you help others?
- **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!**