



## **PESACH/ PASSOVER YOGA BREAKS**

BLISS, Song or Game, Meditation

### **SUGGESTIONS FOR A 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!”

### **SUGGESTIONS FOR SONGS & GAMES**

#### **Yoga Yeladim Songs:**

- Jogging Through Judea
- Try Try Yoga (Dayenu)
- Yoga Makes Me Strong (Chad Gad Ya)
- Yoga Nagila

#### **Popular Jewish Songs**

- Miriam's Song , by Debbie Friedman
- Pharaoh Pharaoh
- Baby Moses in a Basket, by Ellen Allard

### **Games:**

- 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
- Crossing the Red Sea

## **SUGGESTIONS FOR BREATHING & MEDITATIONS**

### **Breathing**

- Aleph Bet Breathing
- Bumble Bee Breathing

### **Meditation**

- 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*)
- Shalom Begins With Me

### **More Resources for Pesach/Passover**

- [The Passover Story](#)
- [Webinar: Passover Games & Activities](#)