



YOGA YELADIM IS FULL OF BLISS
Basic Lovely Impromptu Short Story

JEWISH THEMES

WHAT IS A BLISS?

A BLISS is a short story that provides a really nice flow for you to get from tushie to standing. There are four stages, and instructors will want at least ONE pose in each stage. Though, TWO is better.

Stage 1: Seated- Pretzel/Boat/TV Watching/Forward Bend/Inclined Plane/The slide/Table/Flower

Stage 2: Hands and knees- Cat/Cow/Raised Bow/Dolphin/Camel

Stage 3: Hands and feet- Downward Dog/Upward Dog/Three-legged Dog/Walk the Dog/Donkey Kicks

Stage 4: Standing- Tree/Eagle/Dancer/Warrior (Any)/Crescent moon

A typical BLISS contains four to six poses, but there is no wrong way as long as it is fun!

Read a Jewish book

“Do you guys want to READ A BOOK? (Straddle legs out and in for reading a “*leg book*”.) Open/close. Open/close.” (Move one leg at a time towards the other to “turn the page.” Don’t let them use their arms. Do the same with the feet for a “*foot book*.” And for the arms an “*arm book*” and hands a “*handbook*”! Get it? Be creative.)

“What are you reading? Is it a BIG book, like the Tanach, or a SMALL book, like Sammy Spider? Are we reading about Israel? Don’t forget about the FACEBOOK! Shana Punim! A Facebook about a LION/FISH/PUFFER FISH/PRUNE. (Encourage conversation and teach them something. Gear your conversation to their age and what they are studying. The possibilities are endless.)”

TORAH STORIES

Noah's Ark

“Have you heard the story of Noah and his ark? He built a BIG BOAT. He didn't build a SAIL BOAT (arms over your head). He didn't build a KAYAK (paddle your arms). He didn't build a MOTOR BOAT (kick your feet back and forth). He built a BOAT big enough to carry all of the animals on Earth, 2 by 2.

What animals do you think he had on the Ark? DOG? CATS? COWS? Do you think he saw DOLPHINS swimming along side of his BOAT?

What was going through Noah’s mind when he saw his dove return with an olive branch? YES! There must be TREE nearby.”



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JEWISH HOME

OUR JEWISH HOME

“What Makes a Jewish Home *Jewish*? It is filled with things that have special meaning. Let’s go on a Scavenger Hunt and see what we can find. (You can pass out little magnifying lenses.) The first thing I see is a mezuzah on the right side of the doorway. (HALF MOON to both sides). It smells good from all the yummy cooking. Take a deep breath (PRANAYAMA), what do you smell?

I see CANDLE sticks and a Kiddush Cup (BOAT) on the TABLE. In almost every Jewish home, if we look close enough (pick up your magnifying lens) we will find a drawer of yarmulkes (HERO POSE with hands on head) from various celebrations. Last but not least, you’ll find a tzedakah box to collect coins and give to charity. One of my favorites is sending money to plant TREES in Israel. Bring your hands to the heart, in WISHIN’ POSITION and let’s send out wishes for peaceful and loving homes for all!”

GOING TO BUBBE'S HOUSE

“Let’s pack a bag! We are going to Bubbe’s for a visit. Hop in the car and have a seat (LOTUS). Don’t forget to buckle up! Oh, it’s raining out, let’s put on our WINDSHIELD WIPERS. Now we’re heading down MARICHA’S Street. Do you see that RABBIT hopping over there by the TREES? Wow, look up! There’s a huge EAGLE flying above. It looks like it’s going in the same direction as us.

We’re getting close now. I can hear Bubbe’s DOG barking from here. Let’s turn the corner. There she is waving (TRIANGLE) from the front porch, wave back. Oh my, here comes Spot the DOG to smell us (PRANAYAMA) as dogs love to do. Let’s go in and see what Bubbe’s got planned for our visit!”



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JEWISH FOOD

Matzo Balls

“Let’s make some Matzo Balls. Have you ever seen your Bubbe roll the matzo balls in the palm of her hand? (Place your hands on your knees and begin making circles with your upper body.) Use your imagination. Pretend you are at your Bubbe's house and it smells so very good. (Breathe deeply through your nose.) Let's help her set the TABLE. Great idea! Let's put FLOWERS in a vase for her. What a mitzvah! Now let's sit in this comfy CHAIR. I can’t wait to eat the yummy Matzo Balls.”

Matzo Ball Soup

“Are you guys hungry? Let’s make some Matzo Ball Soup. Stir your Matzo Ball Soup. Stir it up really good. To the left, and to the right. Don’t forget to cool it off (PRANAYAMA).” (Talk about healthy ingredients as you stir 3-4 times to the left and to the right. Great conversation starter.) “Wow! I’m so full. Now I think I need to stretch my tummy out. Join me and let’s stretch our bellies like a CAT and a COW. Do you know who else is really good at stretching their tummies? Who has a pet? DOGS stretch their tummies by doing UPWARD DOG. I’m so full let’s relax in this CHAIR.”

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? Moms call it the best medicine- Matzo Ball Soup. Let’s make our Matzo Balls. (Hug your 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.)”



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ISRAEL

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. My mom would say, ‘(Your name), it’s time to PLOW the fields. Turn off the TV.’ So I would PLOW the fields, but I really wanted to come back and watch TV. (Do this over and over and over. It’s silly fun!) When I was finished, I would go out and play with my DOG in the field. He only had THREE LEGS but he was a great pup, and we had lots of fun together. Everybody WALK YOUR DOG. Whew! That was a lot of work. 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!”

SILLY STORIES

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. I was sitting at a picnic TABLE under a shady TREE. He tried to eat my SANDWICH! I shooed him away, but he came back for my PRETZELS.”