



THEME: Cat Café
AGE GROUP: 2-7 yr. olds
CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Cat ear headbands, plastic or made of paper (one per child), song: *Lovely Day* by Elizabeth Mitchell, song: *Moonshadow* by Fred Benedetti & Peter Puppig, song: *Night Mantra* by Renee & Jeremy.

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT

1. "Today's yoga class is set in a **Cat Café**, a coffee shop or restaurant where people can go to play with cats. Some cat cafés are a foster home for cats waiting to be adopted by families who love them. For sure, a visit to the **Cat Café** is so much fun!"
2. In Easy Pose, introduce the **Cat Café** theme by together chanting "**meow, meow**" and clapping twice with the word. Next, chant "**Cat Café**" and pat the lap twice with these words. Repeat these chants 5-6 times.
3. After chanting the last "**Cat Café**," clap the hands in excitement.
4. Pause in Easy Pose and share that it's now time to go to the **Cat Café**! There the children will find cats of various colors and sizes, cats who are curious and cuddly, playful and powerful. Let's go to the **Cat Café**!

EASY POSE, HANDS TO HEART

1. "Let's chant the sound of 'Om' three times to honor every cat in all the world, including the cats in our **Cat Café**!"
2. In Easy Pose with Hands to Heart, take a gentle breath in through the nose and exhale to chant or sing the sound of *Om*.
3. Repeat this two more times.

CREATE THE SPACE CONT. (3-5 min.)

EASY POSE, CREATIVE MOVEMENT

1. "Let's learn the American Sign Language word for CAT! Then we can invite our