



NGY LESSON PLAN

THEME: Partner Yoga 2.0

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

CREATE THE SPACE (3-5 min.)

EASY POSE, SUFI CIRCLES, SEATED SIDE BEND, STAFF, SEATED FORWARD BEND, SEATED SPINAL TWIST, CREATIVE MOVEMENT

1. *"This class is all about doing Yoga with a partner. We'll begin by playing the Mirror Mirror Partner Yoga Game."*
2. Partners sit knee-to-knee in Easy Pose. Instruct them to determine who is the leader, or the mirror, and who is going to follow, or copy, the movements as if they are looking in a mirror. Before each pose, show the children what it looks like and/or briefly practice it, so the leader knows what to do.
3. The 1st pose is Sufi Circles. The leader, or mirror, begins and the other partner copies their movements as closely as possible.
4. The 2nd pose is Seated Side Bend. The same leader, or mirror, begins and the other partner copies their movements as closely as possible.
5. Switch leaders, or mirrors, for the 3rd and 4th movements.
6. The 3rd pose is Staff into Seated Forward Bend, flowing back and forth. The leader, or mirror, begins and the other partner copies their movements as closely as possible.
7. The 4th pose is Seated Spinal Twist. The same leader, or mirror, begins and the other partner copies their movements as closely as possible.
8. Once complete with the 4 poses, allot time for the partners to choose their own seated poses or Creative Movements, and to take turns being the leader, or mirror.
9. Pause in Easy Pose and let the children know that they will have a chance to practice Yoga with many different partners in the **Partner Yoga 2.0** class, and that it is important for them to take care of themselves while doing Yoga with someone else. Invite the children to place the hands over the heart and say, *"I will take care of myself" and "I will take care of my partner."*

EASY POSE, CREATIVE MOVEMENT

1. *"The sound of Om is found in each of us. Let's chant Om 3 times to share*