



THEME: Cat Café
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SUGGESTED MUSIC

Song: *Wimoweh* by The Tokens, song: *Stray Cat Strut* by the Stray Cats, song: *Strange Meadow Lark* by The Dave Brubeck Quartet.

CREATE THE SPACE (3-5 min.)

EASY POSE

1. *"Today we are going to have our Yoga class at a 'Cat Café.' A Cat Café is a coffee shop or café that hosts cats and kittens for visitors to watch and play with. While we are there, we are going to learn all about cats, including domestic cats and the Pathera family of big cats, including lions, tigers, jaguars, and cheetahs. We will be sure to have a ROARing good day at the Cat Café!"*
2. In Easy Pose, continue to introduce the **Cat Café** theme by sharing that often the cats in these cafés are available for adoption and the **Cat Café** is a temporary foster home!

EASY POSE, HANDS TO HEART

1. *"Let's chant the sound of 'Om' three times to honor every cat in all the world--big cats, small cats, in between sized cats--even 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.

EASY POSE, CREATIVE MOVEMENT

1. *"Let's learn the American Sign Language word for CAT! Then we can invite our friends who use American Sign Language to join us at the Cat Café!"*
2. While in Easy Pose, guide children to take the hands with the thumbs and index fingers a little bit apart on both sides of the mouth (as if getting ready to pinch), with the other three fingers extending away from the palm.
3. Then pull the hands away from the mouth and pinch the thumbs and index