



NGY LESSON PLAN

THEME: Partner Yoga 2.0
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SET UP & SPECIAL NOTES

Partner Yoga 2.0 is a wonderful way for children to connect with each other, receive and give deeper stretches, develop compassion and empathy, increase communication skills, and have fun! In this special class, partners can share 1 mat or arrange the mats in 2 rows with the short end of the mat close to and facing each other.

We recommend that you invite the children to switch partners in between every few poses, so that they have the opportunity to have more than one partner and practice nonattachment. Always encourage the partners to thank each other before switching by saying, "Namaste," "Thank you," giving a high five or a great big hug. Lastly, everyone has a different tolerance and preference for physical touch, and this might vary from day to day. For a number of reasons, practicing **Partner Yoga 2.0** might not be enjoyable or beneficial for all children. Before beginning a partner pose that involves direct physical contact, instruct the children to ask permission before placing the hands, touching the feet, or coming into any type of direct contact. If one partner is uneasy with this for whatever reason, make an accommodation, such as practicing the pose facing one another or side-by-side, without touching.

SUGGESTED PROPS & MUSIC

1 Yoga block or medium-size ball for each pair of partners, song: *Only Love is Real* by MC Yogi, song: *Apana* by East Forest, song: *Samba Sadashiva* by Janet Stone & DJ