



NGY LESSON PLAN

THEME: Toega

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

Lotion, song: *Earth* by Wah!, 1 piece of paper per child, markers or crayons, song: *I Am* by Guru Singh & Friends, 6-8 marbles per child, 1 container (i.e. paper or plastic cup) per every 3-4 children, song: *Best Day of My Life* by American Authors, song: *Baba Hanuman* by Steve Gold, song: *Gayatri Mantra* by Deva Premal

CREATE THE SPACE (3-5 min.)

STAFF, CREATIVE MOVEMENT, EASY POSE

Prop: Lotion

1. Introduce the **Toega** theme with a self-massage for the feet and toes.
2. In Staff, invite the children to do a Creative Movement of resting the ankle on the opposite thigh, to make an upside-down number 4.
3. Give each child a small amount of lotion. Invite them to give themselves a sweet, loving foot and toe massage.
4. Play the song *Earth* by Wah! and massage the feet and toes for the duration of the song, switching the foot that is being massaged halfway through the song.
5. At the end of the song, move into Easy Pose and further introduce the **Toega** theme by explaining that the class is all about Yoga for the toes! Before moving on, invite the children to express gratitude for the toes by saying, "Thank you, toes!"

BUTTERFLY, CREATIVE MOVEMENT

1. "The sound of Om is part of all of us, from our head to our toes. Let's chant Om the **Toega** way."
2. Instead of bringing Hands-to-Heart to chant Om, instruct the children to do a Creative Movement to bring the feet and toes together and lifted off the ground (heels can stay on the floor for balance) as best they can, for the **Toega** version of Hands-to-Heart.
3. Begin in Butterfly, add in the Creative Movement of bringing the feet and toes