



NGY LESSON PLAN

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

SUGGESTED PROPS & MUSIC

Hoberman Sphere, song: *Thunder* by Imagine Dragons, song: *I Like to Move it* by will.i.am, song: *Om Mani Padme Hum 1* by Jane Winther, song: *Relaxation* by Tibetan Singing Bowls

CREATE THE SPACE (5-7 min.)

EASY POSE, BELLY BREATHING, SEATED SIDE BEND, CREATIVE MOVEMENT, REVERSE TABLETOP, SEATED SPINAL TWIST

1. Introduce the **Yoga Anatomy** theme with a discussion and corresponding poses and movements.
2. In Easy Pose, let the children know that the human body is made up of important organ systems and that the **Yoga Anatomy** class focuses on learning about some of these systems.
3. *"The respiratory system is responsible for breathing."* Practice Belly Breathing to experience this **Yoga Anatomy** body system.
4. *"The muscular system has more than 600 muscles! Our muscles do everything from pumping blood throughout the body to carrying a heavy backpack."* Move into Seated Side Bend to feel this **Yoga Anatomy** system supporting and stretching the body. Ask the children to share which muscles they feel stretching.
5. *"The circulatory system is responsible for pumping blood throughout your body."* In Easy Pose, do a Creative Movement of placing the hands over the heart, the main part of this **Yoga Anatomy** body system. Invite the children to close the eyes, or lower the gaze, and feel the heart beating.
6. *"The skeletal system is what gives the body shape and protects the organs. It is made up of 206 bones!"* Come into Reverse Tabletop. Invite the children to feel their bones working together with their muscles to support the body.
7. *"The nervous system is controlled by the brain. Let's give our brains some love."* In Easy Pose, do a Creative Movement of giving the head a gentle massage with the fingers of both hands.
8. *"The last 2 **Yoga Anatomy** body systems that we'll learn about are the digestive*