



NGY LESSON PLAN

THEME: Yoga Obstacle Course

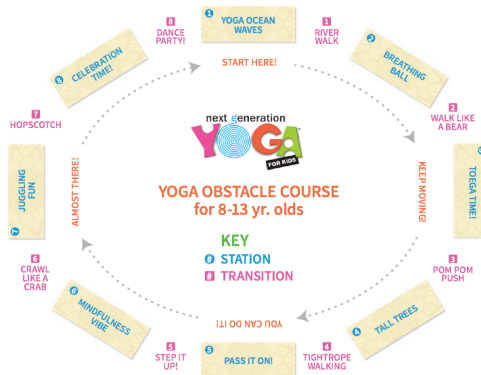
AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SPECIAL NOTES

A **Yoga Obstacle Course** is a fun and engaging way to share Yoga with 8-13 yr. olds. It is made up of 2 components: (1) Stations and (2) Transitions. The Stations consist of Yoga poses, Creative Movements, breathing exercises and mindfulness activities. The Transitions are how the children move from one station to the next and include Creative Movements, such as balancing on a tightrope, walking like a bear or playing hopscotch. Use the **Yoga Obstacle Course** diagram to set up the course before the children arrive or invite them to assist with the set up. Begin by placing the Yoga mats in an octagon-like shape around the parameter of the Yoga space. Each Station should have at least 1 Yoga mat. Place the props on the corresponding mats. Additionally, place the props for each Transition between the stations. The props allow the children to access the **Yoga Obstacle Course** with independence and confidence.

The role of the Yoga Teacher during a **Yoga Obstacle Course** is to keep the children engaged, safely participating and to keep the props organized. If there is more than 5 children the class, it typically works best when the children are partnered up or divided into groups, and start at different stations vs. the whole class, or all the children, moving through the **Yoga Obstacle Course** together. Children should spend approximately 2-3 minutes at each station. When it is time for the Transition to the next station, play music to cue the children to switch, moving in a clockwise direction. Encourage them to stay at each station until it is time to switch. Depending on the duration of the class, the children can move through the obstacle course 1-2 times. Make sure to leave enough time for a nourishing, sweet Deep Relaxation at the end.



See page 12 for full-size Yoga Obstacle Course diagram