



NGY LESSON PLAN

THEME: We are Family
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SET UP & SPECIAL NOTES

Family Yoga is a special bonding opportunity for adults and children alike as many sweet moments are shared and much fun is to be had! Open to all family members, in this unique class, adults and children can share a Yoga mat or the mats can be arranged close to one another, but still in a group circle formation. Exercises in this Lesson Plan are written as if there is just 1 adult and 1 child practicing, however, all of the poses can be practiced with any number of adults and kids. At times, a family member may watch and/or create an additional aspect of a pose. For example, Double Downward-Facing Dog will be practiced 2 at a time. However, adults and children can take turns and/or provide encouragement and guidance. Poses, such as Partner Child's Pose and Partner Dancer, can be practiced with any number of family members. It is important to remind parents and caregivers that there is no "perfect" in Yoga and that it is a practice. We recommend that adults model poses for the children and/or help them do the Yoga exercises. Note, it is always OK for the children to learn by observation. Encourage families to make the experience comfortable for them, and let them know that a child's voice, whether talking or laughter, is more than welcome!

SUGGESTED PROPS & MUSIC

Song: *Upside Down* by Jack Johnson, *We Want Peace* by Emmanuel Jal, lotion, song: *Pure Light Mind* by Dean Evenson

CREATE THE SPACE (3-5 min.)

EASY POSE, MEDITATION: *"The intention of this Family Yoga class is to create peace and love in your family, and to have a lot of fun doing so! Let's start by showing our families love with a meditation."* Introduce the **We are Family** theme with an "I love my family" chant and meditation. In Easy Pose, rest the hands on the knees with the palms facing up. Touch the thumb to the index finger and say, "I." Touch the thumb to the middle finger and say, "Love." Touch the thumb to the ring finger and say, "My." Touch the thumb to the pinkie and say, "Family." Repeat this chant, with the corresponding Creative Movements, many times at a moderate pace. Initially, chant at a normal volume and then reduce the volume to a whisper for a few rounds. Finally, instruct