



CREATE THE SPACE

Easy Pose, Shoulder Shrugs

Music: Classical Piano Music

1. As students enter class, ask them to sit on their mats in Easy Pose.
2. Play soft classical piano music to create a gentle and calm environment as students settle in.
3. Ask students to think of one word to describe the best part of their day today and one word to describe a part of the day that wasn't so pleasant. Remind them to do this without judgement. This is only for them, not something they have to share.
4. When they're ready, tell them to sit tall and confidently, yet relaxed. Stack the head above the shoulders and shoulders above the hips. Encourage them to notice the stillness without forming an opinion.
5. *"Remember that we are in a quiet and safe space, without judgment of ourselves or others. Let your thoughts, worries, and concerns from your day fall away, and be in this moment, right here, right now. When thoughts and emotions pop into your brain, simply turn to a blank page and tell your thoughts you'll get back to them later."*
6. Ask students to practice Shoulder Shrugs. Repeat three times, inhaling as the shoulders raise and exhaling on the release.
7. Let them know that Shoulder Shrugs are a simple way to release some of the stress and tension that many of us carry in our necks, shoulders and jaws all day long. Their bodies will thank them!

Easy Pose

1. In Easy Pose, ask students to close their eyes or gaze down and bring their attention to their breath.
2. *"Focus on the breath makes yoga unique from other exercises. It helps us find calm and be centered."*
3. Guide them to find their "breathing anchor."
4. *"Place a hand on your belly. Feel your belly expand as you inhale and contract back towards your spine as you exhale. Now place a hand on your heart. Feel your chest rise and fall as you breathe. Now place a hand in front of your nose and mouth and notice the coolness of your inhale and the warmth of your exhale. Wherever you feel your breath the most is your breathing anchor."*