

YOGA - STRENGTH

LESSON 3: Strength Challenges

Use alongside Strength Cards



Introduction/Welcome

Chimes/Singing Bowl x 3

What is Yoga good for?

'Yoga is good for my Body, Yoga is good for my Mind, Yoga is good for my Spirit.'

'Yoga is good for me, Yoga is good for you, Yoga is good for everyone.'

WARM UP - 5 mins

Sun Salutation Sequence

Let's do our Sun Salutation Song

Benefits - Stretches and strengthens the whole body.

Begins to teach linking the movement with the breath.

Learning Objective: To prime your mindset to take on physical challenges

When looking at strength, it is not just about having a strong body. Having a strong mind is important too. In this class, we are going to explore your thoughts whilst you challenge your body physically.

What do you say to yourself when things are tough? Do you say 'I can't' or 'it is too hard?' Or do you say 'this is fun' and 'I love challenges?' Having the right mindset is the first step!

<p>1.</p> 	<p>WORM LOCUS CHALLENGE</p>	<p>Let's try a stretching on our tummy to make our all our body and lungs strong.</p>	<p>See Worm Card</p> <p>Do one arm at a time and then one leg at a time.</p> <p>Try 'bunny breath' in this posture. See in Breathing Technique Cards.</p>	<p>MUSIC:Main Theme (From Superman) The City Prague Philharmonic Orchestra</p>
<p>2.</p> 	<p>PLANK CHALLENGE</p>	<p>Let's test our strength by now with our plank challenges!</p>	<p>See Plank Card</p> <p>Do Strength Challenge on Card</p> <p>The touch one toe out to the side and then the other. Keep body and legs straight.</p>	<p>Forward Thinking Electro Melodic Royalty Free EDM DJ's</p>
<p>3.</p> 	<p>AEROPLANE TO PLANK</p>	<p>Let's go from plank to aeroplane on one side and then the other.</p>	<p>See Plank and Aeroplane Card</p> <p>Transition every 3 breaths</p>	<p>Forward Thinking Electro Melodic Royalty Free EDM DJ's</p>
<p>4.</p> 	<p>WARD OFF THE WITCH</p>	<p>Now let's test our magical strength. See how long we can hold this pose for spreading our magic fingers to ward off the evil witch</p>	<p>See Witch Card</p> <p>Count how long they can hold this.</p> <p>Can you do the Witch Twist?</p>	<p>The Witch's Twist Mandrake</p>

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<p>5.</p> 	<p>CRAB LIFTS</p>	<p>Who is has the strongest crag legs?</p> <p>Let's see how many crab lifts we can do?</p> <p>Can you crab walk side-ways?</p>	<p>See Crab Card</p> <p>Complete as many crab challenges as you can from the card.</p>	<p>Henry the Hermit Crab Ed Jordon and Alan Glass</p>
<p>6.</p> 	<p>LOBSTER</p>	<p>What other shelled creatures have pincers as weapons?</p>	<p>See Lobster Card</p> <p>Wave your Lobster claws from side to side.</p> <p>Go upside down and pinch your toes with your pincers.</p>	<p>Rock Lobster B-52's</p>

Relaxation

Chimes/Singing Bowl x 3

Final Stretch and breathing Technique - See Breathing Technique cards.

MUSIC - Fly Away Lullaby - Gary Stadler

Lying down on your backs, on the floor. Close your eyes or look at the lights. Try to keep your body still and begin to relax it down into the mat. How still can you keep your body? Take a deep breath in and a long slow breath out X 3.

Close your eyes, be very still and imagine you are at the bottom of a mountain. You look up and see how tall the mountain is. It must be at least 1000 metres high. How can I climb something that high? What if I can't do it? What if I injure myself? What if I get stuck? You feel scared. You become aware of all the doubts in your mind and this makes you stop. You feel like you even want to turn back. You lie down on the floor and take some long slow breaths. You focus on your toes and feet and you soften and relax them. You then focus on your legs and then soften and relax them. A feeling of relaxation now moves up your body over your hips and tummy. Your lungs relax and you find you can breathe more freely. Your shoulders soften and your arms down by your sides. You feel your fingers curls gently. Your neck, face and head relax in the warmth of the sun.

With this relaxation, you realise how your thoughts prevented you from climbing the mountain and made you feel scared. You realise that you have done hard things in the past and felt good about doing them. Think of something you have done in the past where you were brave? With this new sense of courage, you slowly get up and begin to walk up the mountain. As you get higher, you are surrounded by such wonderful scenery. You feel strong and determined to reach the top. You see birds flying and dancing in the sky and you know that anything is possible, when you believe in yourself. You climb higher and higher. The higher you climb the stronger you feel. You gain a great sense of power. You know you can do this!

Slowly but surely you eventually reach the top. An immense feeling of achievement, strength and gratitude washes over you. You feel so happy and grateful that you believed in yourself. You had the strength to carry on.

Now begin to bring some movement back into your body. Wiggle your fingers and your toes. Stretch your body into a long piece of spaghetti, bring your knees into your chest and gently roll yourself up to sitting.

<p>7.</p> 	<p>GOODBYE</p>	<p>Move thumb over fingers - See Breathing Technique cards "Peace Begins With Me"</p>	<p>Goodbye Song</p>	<p>Yoga's Over X 2 It's time to go X 2 We've had fun learning X 2 Let love grow Let peace grow.</p>
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