

YOGA - STRENGTH

LESSON 4: 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>DOLPHIN & PLANK</p>	<p>Let's practice making our arms stronger by doing our Dolphin to Dolphin Plank Challenge</p>	<p>See Dolphin & Dolphin Plank Card</p> <p>Try 'HA' breath as you exhale in Dolphin Plank - Tongue out! See in Breath Cards</p> <p>Try one lifting one leg at a time in Dolphin</p>	<p>Foward Thinking Electro Melodic Royalty Free EDM DJ's</p>
<p>2.</p> 	<p>SHARK</p>	<p>Start in Swimming posture and then see if you can interlace your hands behind your back for a shark chase.</p>	<p>See Shark Card</p> <p>Do Shark Challenge on Card</p> <p>Can you stay for 5 long breaths or snap your jaws 10 times?</p>	<p>Baby Shark Song</p>
<p>3.</p> 	<p>BOAT</p>	<p>Start in boat Posture with legs bent. Hold knees in and keep your back straight.</p>	<p>See Boat Card and do rowing challenge. Can you keep your hands and feet out of the water? Use your arms like a sail.</p>	<p>Andromeda Chicane</p>
<p>4.</p> 	<p>SURFER</p>	<p>Now let's catch the waves. Start in swimming posture and swim for the wave. Then jump one foot forward into surfer posture. Then repeat on the other side..</p>	<p>See Witch Card</p> <p>Count how long they can hold this.</p> <p>Can you do the Witch Twist?</p>	<p>Key of MinorHard Rock Metal Jam</p> <p>Premium Guitar Backing</p>

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<p>5.</p> 	<h3>CATERPILLAR</h3>	<p>See how strong our whole body is by practising caterpillar.</p>	<p>See Caterpillar Card.</p> <p>Teach each stage slowly.</p> <p>Once achieved move slowly.</p>	<p>Caterpillar, Caterpillar Kira Willey</p>
<p>6.</p> 	<h3>RUNNERS LUNGE</h3>	<p>Let's test how building strength helps our balance.</p>	<p>See Runners Lunge</p> <p>Go from Downward Dog to Lunge on both sides.</p> <p>From lunge, bring back leg all the way forward and through to Stork. See Balance Cards.</p>	<p>Chariots of Fire Vangelis</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 now and visualise something you really want. Visualise your dream. It could be something like a teddy, an outfit, a game or it could be seeing yourself doing something you love doing, like football, drawing or horse riding. It may be spending time with family or friends. As you see this, you hear doubts in your mind. 'What if I can not have this?' 'What if I do not deserve this?' 'What if I am not good enough?' 'What if I can't do it?' 'What if it is taken away from me?' How would you feel if you didn't get your dream? You suddenly see lots of walls starting to build in front of your dream. The walls grow as your doubts and fears do. They grow so big and tall that you can hardly see what you want anymore. How does this make you feel?

Now think about all the times you have been strong and given something a go even when it was hard. Think of all the times you have been hurt but you got through it. Think of all the times you have been in pain but it got better. Think of all the times you have had help. All the times you have had support. All the love and care offered from those around you.

You feel a strong fire of strength start to build from within. It builds and builds until you have enough strength to knock down the walls surrounding your dreams. You see all the walls, all your doubts and fears crumbling away. You see your dream again clearly. You can see clearly what it is that you really want. Notice the colours you see. You can feel it, smell it and hear it. Notice how this makes you feel. How does it feel to have what you really want? Feel the joy, safety and comfort in your body. Know that you can knock through your walls of doubt and fear. You do have the strength to be who you want and create the life you want.

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> 	<h3>GOODBYE</h3>	<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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