

# **YOGA - STRENGTH**



## **LESSON 5: Strengthen your Inner Fire**

**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 learn about the element of fire to strengthen the body and mind

We discovered fire 1.4 million years ago and it has given us many things which we shall explore in this class.

When we explore the element of fire within the body, we create heat and build strength. This creates motivation, confidence, strength and inner belief. In this class, we will discover the properties of fire and how to use this to become strong and resilient.

	<b>PLANK</b>	<p>Fire provides us with warmth. Let's create some warmth in our bodies.</p> <p>When you finish this posture sequence, sit and feel the warmth in your body by placing your hands on your tummy.</p>	<p>See Plank Card</p> <p>Try lifting one hand in plank and then the other. Then try one leg and then the other. See how many you can do until you feel warm.</p>	Foward Thinking Electro Melodic Royalty Free EDM DJ's
	<b>PERISCOPE</b>	<p>Fire provided people with the ability to make tools stronger and to make weapons to protect them from predators</p>	<p>See Periscope Card</p> <p>Make your leg as straight as you can like a long spear. Flex and point your toes, as if sharpening your spear. Do each side.</p>	Jungle Festival - Derek Fiechter
	<b>KANGEROO</b>	<p>Fire has enabled us to be able to eat cooked food absorbing all the nutrients easier and helping to increase our energy and giving us bigger brains.</p>	<p>See Chair Card.</p> <p>Pretend to sit on a chair and imagine eating your favourite healthy cooked meal at the table.</p>	Vegetables Beach Boys
	<b>BOAT</b>	<p>We can feel warmth in our body by doing twists</p> <p>Twists also help you to digest your food.</p>	<p>See Boat Card</p> <p>In boat pose, twist both arms to the outside of your right leg, inhale and bring arms up and then exhale to the opposite side. Repeat.</p>	Bekhudi Kaya Project

**STRENGTH**

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## **LESSON 5: Strength Challenges**

Use alongside Strength Cards



5.



### **TIGER**

Stretch out the front body to create space in our stomach.

See Tiger Card.

Challenge: Can you reach your hand to hold the opposite ankle?  
Do both sides.

Roar  
Katy Perry

6.



### **DRAGON**

To balance our fire and cool down before our relaxation, let's do dragon breathing.

See Dragon Card

Repeat these breath's at least 3 times on each side.

Peace  
Deepak Chopra

### **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.

Imagine you are lying down in the warm sun. The sun is helping your body to relax. You can feel the sun shining down on you toes and feet, helping your toes and your feet to relax. The sun shines down upon your legs, relaxing your ankles, your calves, knees and thighs. This wonderful warmth now moves up to you hips and your tummy and your hips become relaxed and your tummy becomes soft. The warmth of the sun now moves to your chest and your chest relaxes helping you breath with ease. Your shoulders and arms now feel the warmth of the sun and they soften and relax. Your hands feel relaxed and warm as your fingers gently curl. You begin to feel the warmth of the sun on your neck and then slowly your face, as your cheeks relax, your forehead, your lips and your jaw. Your whole body is relaxed, still and calm enjoying the warmth of the sun filling you will light, positivity and energy.

This energy from the sun reminds you of how strong and determined you are. You know you can achieve your dreams and goals. You believe in yourself and your abilities. You know you have the confidence and courage to be brave, try new things and make your dreams happen. Repeat this mantra 'I believe in me' X3.

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.

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### **GOODBYE**

Move thumb over fingers - See Breathing Technique cards "Peace Begins With Me"

Goodbye Song

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.