

LESSON 1: Nature's Flexibility

Use alongside Flexibility 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 that strength is built through flexibility.

Natures secret to building for strength is flexibility. In order to be strong, grow and thrive you need to be flexible and adapt to your ever changing environment. In this class, we will explore how flexible nature is using postures and how we can use this knowlegde in our everyday lives.

FLEXIBILITY

<p>1.</p>	<p>TREE ROOTS</p>	<p>Thinking about the roots of a tree, they need to twist and turn to find space to grow. Let's pretend to be these roots by twisting our spine.</p>	<p>See Washing Machine Card</p>	<p>Going back to my roots Odyssey</p>
<p>2.</p>	<p>WILLOW TREES</p>	<p>Due to a Willow tree being much more flexible than other trees is can withstand greater gusts of wind without breaking.</p>	<p>See Camel Card Move your spine forwards and backwards like a willow tree gentle blowing in the breeze</p>	<p>Wind of change Scorpions</p>
<p>3.</p>	<p>FLOWERS</p>	<p>Trees and plants are able to adapt to the seasons. When it is summer they are able to produce flowers.</p>	<p>See Flower Card. Start as a small flower bud by hanging head down and then slowly sit up to become a full flower.</p>	<p>Dreams are the Flowers Jackie Cusic</p>
<p>4.</p>	<p>WEEDS</p>	<p>Some plants are so flexible they can survive growing in amongst rocks.</p>	<p>See Rock 'n' Roll Card Doing Rock 'n' Roll's also keep your spine flexible.</p>	<p>Flowers Sweet Female Attitude</p>

LESSON 6: Nature's Flexibility

Use alongside Flexibility Cards



<p>5.</p> 	<p>CACTUS</p>	<p>Some plants have been able to adapt to the desert by storing their water.</p>	<p>See Butterfly Card. See stretchy butterfly variation.</p>	<p>Flowers Sweet Female Attitude</p>
<p>6.</p> 	<p>FLOWERS</p>	<p>Flowers are able to use their flexibility to move towards the sun for energy.</p>	<p>See Flower Breathing Card in Breathing and Calming Cards</p>	<p>Hall of Fame The Script</p>

Create!

Think of your favourite tree or plant. It can grow on land or under the sea. Now slowly grow from a seed all the way to fully grown. Now think about how flexible your plant is and start to move slowly with the breeze or the currents of the sea. Try moving with your eyes closed. Think about the areas of your body touching the mat as being your roots. Your roots are strong but the rest of your body is flexible.

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.

Bring your focus to your toes. Curl your toes, squeezing them tightly as you breathe in, **squeeze**. As you breathe out, release your toes. Now bring your awareness to your heels and ankles. Flex both feet, pointing your toes towards your skins as you breathe in, **squeeze** and then release, let go and relax them as you breathe out. Now lift both legs slightly off the floor squeezing the muscles in your legs as you breathe in, **squeeze** and then lower them gently to the floor and relax as you breathe out. Clench your buttocks, lifting your hips away from the floor as you breathe in, **squeeze** and then relax all the muscles as you breathe out. Squeeze all the muscles in your tummy as you breathe in, **squeeze** and then breathe out and relax your tummy. Squeeze the shoulders up towards your ears as you breathe in, **squeeze** and then allow them to soften away from your ears as you breathe out. Lift the arms off the floor, squeeze all the muscles in your arms as you breathe in, **squeeze** and then relax your arms back down to the floor as you breathe out. Clench your fists and squeeze your fingers into your palms as you breathe in, **squeeze** and then relax your fingers, allowing them to curl gently as you breathe out. Now, focusing on your face, make a prune face, by squeezing the eyes and lips together as you breathe in, **squeeze** and then relax as you breathe in. Now see if you can squeeze your whole body as you breathe in, **squeeze** and then relax your whole body. Your whole body is relaxing. Your whole body is relaxing. Your whole body is now fully relaxed. Your body is lying on the mat and all the muscles are relaxed and soft. Enjoy this stillness and relaxation.

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 a seated position.

<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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