

LESSON 2: Water

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.

FLEXIBILITY

Learning Objective: To learn from the properties of water to help us become more flexible.

Water is flexible and changes into different states. Water moves and flows. It seems to hug our earth, covering and moulding the earth's surface. It dances and flows along streams and rivers. It washes away dirt, dust and disease and provides life.

<p>1.</p>	<p>ROCKS</p>	<p>Water finds the path of least resistance. It flows, smooths and shapes everything along its path. Think about a rock on the beach being all smooth from the waters if the sea.</p>	<p>See Rock n Roll Card</p>	<p>Beyond the Sea Bobby Darin</p>
<p>2.</p>	<p>ICE</p>	<p>Water changes state. What is water when it is in a solid state? When water freezes the particles do not have any room to move at all.</p>	<p>See Cow Face Card</p> <p>How do you feel being a particle that is frozen and stuck?</p> <p>Make sure you do both sides to balance the body.</p>	<p>Icicle - Tori Amos</p>
<p>3.</p>	<p>WATER</p>	<p>What happens when ice warms up? What happens to the particles? The particles have more space to move around freely.</p>	<p>See Daddy Long-Legs Card.</p> <p>Move slowly and gracefully from one foot to the other. Create different fluid movements with arms like you are moving through water.</p>	<p>Purple Twillight - Native American Flute</p>
<p>4.</p>	<p>AIR</p>	<p>What about when you boil water? What happens to the particles? When water heats it changes to a gas state. The particles have loads of room to move and they move very quickly.</p>	<p>See Monkey Jumps</p> <p>Staying on your mat in your safe space, practice as many monkey jumps as you can. Move your body quickly to get your heart rate up.</p>	<p>Feel the Beat Royalty Free Music</p>

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<p>5.</p>	<h3>WAVES</h3>	<p>Water is unpredictable. Every wave is different. Waves can be small, big, the currents under the sea can be weak or strong, water can be calm or turbulent.</p>	<p>See Gate Card.</p> <p>Move arm very slowly to represent a small wave.</p> <p>Move from Gate into Rainbow to represent a large wave.</p>	<p>Big Waves Crashing</p> <p>Royalty Free Music</p>
<p>6.</p>	<h3>FLEXIBLE</h3>	<p>Water is flexible. Where is water in your body? 70% of our body is made up of water.</p> <p>Also, 70% of the earth's surface is water.</p>	<p>See Cat 'n' Cow Card</p> <p>Flex your spine like the blood flowing through your capillaries. Keeping your spine flexible keeps your body health.</p>	<p>Californication</p> <p>Cliff Hanger</p>

Create!

Choose your favourite water state. Do you need to be still right now, like the still and dense particulars in the solid state of ice? Maybe you can think of your own still body shape, imagining you are not able to move. Would you prefer to move slowly from one posture to another, like the fluid motion of water. You are able to move freely with control. Choose which 2 postures you will move in and out of. How can you maintain balance? Or maybe you need to let off some energy and move like the particles of gas state. Move within the safe space of your mat and feel free to move however you like.

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 on a boat on a river. There are trees gently blowing in the breeze all around you. The sun is shining down over your body helping you to feel relaxed. You notice how the light of the sun hits the water and as the water ripples and moves, it sparkles. It looks almost magical. You feel the movement of the water beneath your boat, gently rocking you. This helps you to feel very calm. The rocking motion is very soothing to your body and mind and makes you feel slightly sleepy. Waves of warmth wash over your body. Everything around you is tranquil and peaceful. The birds sing their songs and you hear the gently lapping of the water against the boat. You know that there is no place you would rather be than right here in this beautiful place of tranquility. You know you can come here whenever you need to.

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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