

LESSON 6: Flexible Sequence

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 how adaptation is the key to survival

In yoga, we move in and out of postures slowly and mindfully to keep safe and avoid injury. The Sun Salutation is a sequence of postures that flow easily together. Today we will practice creating a sequence for flexibility. Let children choose 6 cards as a whole class and then discuss and explore the best way to link them. You can then get children to work in groups of 6 to create their own sequence with 6 cards in. This class can even be spread across 2 weeks. See below a flexibility sequence example.

<p>1.</p>	<p>CAT/COW</p>	<p>Start by moving the spine in Cat and Cow. Inhale as you look up in Cow pose and exhale as you look down in Cat Curl.</p>	<p>See Cat/Cow Card Do at least 3 breaths in and out.</p>	<p>Be the Change MC Yogi</p>
<p>2.</p>	<p>COBRA</p>	<p>Transition from all fours to the floor by keeping your hands under your shoulders, your elbows tucked into your ribs and slowly lowering your hips to the floor. Make sure your shoulders do not go lower than your elbows.</p>	<p>See Cobra Card Exhale slowly with a 'hiss' as you come up.</p>	<p>Be the Change DJ Taz Rashid</p>
<p>3.</p>	<p>PIGEON</p>	<p>Keeping your hands under your shoulders push into your hands and lift your hips coming onto your hands and knees. Bring your right knee to the inside of your right hand and then lower your hips into pigeon.</p>	<p>See Pigeon Card. Breathe in keeping torso upright for pecking pigeon and breathe out bring torso down for sleeping pigeon.</p>	<p>Be the Change DJ Taz Rashid</p>
<p>4.</p>	<p>GATE TO RAINBOW</p>	<p>Swivel right foot out to the right side as you lift the hips, kneeling up with left leg straight out to the side and hips facing the long side of the mat for Gate Pose into Rainbow.</p>	<p>See Gate Card. See Rainbow Card. Gate and Rainbow Pose can be linked through movement and breath. Exhale into Gate pose and inhale into Rainbow Pose.</p>	<p>Man in the Mirror Michael Jackson</p>

FLEXIBILITY

LESSON 6: Flexibility Sequence

Use alongside Flexibility Cards



<p>5.</p>	<p>COW FACED POSE</p>	<p>Turn torso towards the left leg as the right foot moves to rest at a diagonal, pointing to the left behind the torso. Slide the hips back to sitting so that the right foot is resting to the outside of the left hip. Bring the left leg over.</p>	<p>See Cow Faced Card.</p> <p>The left knee can be pointing upwards instead of resting to the outside of the right hip for a modification.</p>	<p>With My Own Two Hands</p> <p>Jack Johnson featuring Ben Harper</p>
<p>6.</p>	<p>FLOWER</p>	<p>Bring feet together for Flower Pose to finish.</p>	<p>See Pigeon Card</p> <p>Hold for 3 X Breaths or Inhale sit upright and exhale fold forward.</p>	<p>With My Own Two Hands</p> <p>Jack Johnson featuring Ben Harper</p>

Discuss

On completion of Flower Pose, bring hands back out from legs, cross your legs and come to all fours to repeat the sequence on the left side by bringing left knee forward in pigeon.

Make sure pupils incorporate both sides of the body when creating their own strength sequence.

Relaxation

Chimes/Singing Bowl x 3. Final Stretch and breathing Technique - See B-Calm Bag.
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.

Sometimes our life feels good. Like when we play with our friends in the summer or when we take a bite out of our favourite food. However, sometimes life can feel tough. If it is like this, we can try and change it. Like if we feel hungry, we can ask an adult for some food or if we want some fun we can ask to play with our friends. But sometimes things happen in our lives that we can't do anything about. It may be that you have to share a room with your brother or sister. It may be that you do not like doing your reading. So to feel more peace and contentment inside, we need to change the way we see the things we might not like. When we change the way we look at things, the things we look at change. So you might think how lucky you are to have a brother or sister as you always have someone who is there for you or you might think about how much you can learn about the world once you can read.

You do not need to be the same as you are now if you do not want to. If you feel stuck you can change. You do not need to be defined by your stories or what you think about yourself or by what others think of you. You have the ability to become like water and flow through each and every moment with ease. You can change the way you respond to things. Think of someone in your life whom you look up to. Someone who inspires you and makes you feel good when you are around them. You can copy some of their positive behaviours and see how it makes you feel. You can be whomever you choose to be. Say quietly in your head...

I can adapt to anything. I can adapt to anything. I can adapt to anything.

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 sit.

<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>
-----------	-----------------------	---	---------------------	---