

Yoga Calm HPERD Curriculum Guide

For Grades 9-12

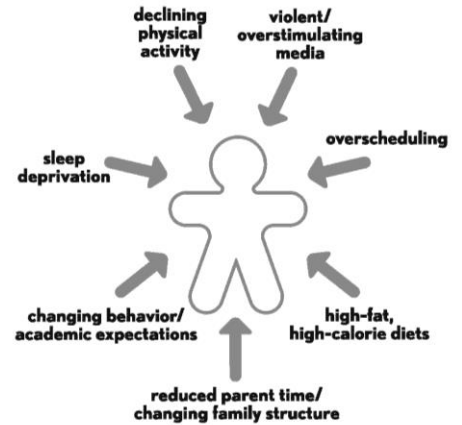
Thanks for your interest in applying the benefits of yoga, mindfulness and social/emotional learning to your work with youth. These activities have been shown to increase physical activity, reduce stress, improve attention and behavior, and develop wellness habits. We think you will find them to be a perfect addition to your HPERD program.

Unlike strictly procedural and reductive approaches to teaching, the Yoga Calm curriculum provides you with not only lesson plans, but a “tool kit” and methodology that you can use to creatively address the multifaceted and interconnected nature of health issues facing our youth (e.g., poor rest and stress can lead to poor dietary habits, violent media can lead to poor rest and stress, etc.).

As you will see in the attached HPERD lesson plans, Yoga Calm



uniquely addresses the whole child by creatively integrating fitness, social/emotional and cognitive learning processes. Each lesson plan is based upon a wellness theme, with safe, accessible and fun yoga activities that scaffold in a progressive manner to be accessible to a wide range of abilities and ages.



Yoga Calm’s unique universal curriculum can be used school-wide in various settings (classroom, HPERD, counseling and before/afterschool programs), and with various populations for preK-12 grade (though this curriculum guide is designed for grades 9-12). Staff

members also report a reduction in their own stress from teaching Yoga Calm.

Yoga Calm’s integrated activity and game sets also effectively teach lifelong skills while meeting youths’ immediate physical, mental and emotional needs. Our [research](#) has shown that 78% of students were using Yoga Calm activities, unsolicited, in response to stressful situations outside of class.

Yoga Calm’s college accredited courses and staff trainings have been provided to over 7,000 educators and health professionals who support tens of thousands of youth each day. For more information please visit yogacalm.org

Yoga Calm for HPERD

Our goal in the development of our HPERD curriculum is to provide a flexible framework for the application of Yoga Calm activities with various ages and abilities in traditional and non-traditional HPERD (health, fitness, recreation and dance), camp, sports and outdoor education settings. While you

may recognize some of the activities referenced in this guide from a typical yoga class, many of them are unique to Yoga Calm and can be found in our book [Yoga Calm for Children](#). Additional activities, not included in this book, are listed below.

The application of yoga and mindfulness in HPERD settings is relatively new and we welcome your comments and feedback on this curriculum guide. We also have [Special Population Curriculum Guide](#) that will be useful for adapting activities to various student needs.

What's Included in the Yoga Calm HPERD Curriculum Guide

- 10-class integrated (physical, cognitive, emotional) lesson plan unit for grades 9-12
- 3 Bonus theme-based lesson plans
- Mindfulness and SEL inquiries used in 10-class unit
- Environmental education class plan
- Descriptions of new activities (since our original printing of *Yoga Calm for Children*)
- Sample activity sheets from our book *Yoga Calm for Children* for pose and activity detail.
- Video Links showing how to teach activities.

All curriculum activities and lesson plans are also available in our online courses. More info at yogacalm.org

Curriculum Use

The 10-class unit can be shortened or you can pick, ala carte-style, the classes that seem best for your students and setting. By teaching a Yoga Calm unit at the beginning of the year, learned activities can be pulled out and used throughout the year as warm-ups and cool-downs for various other traditional HPERD curricula, and for teambuilding and social/emotional skill development.

You will notice that there are five sections to each class plan: Intro, Floor Work, Active, Games, Relaxation. These sections and their activities are sequenced in a typical, Warm-up, Active, Warm-down cycle. Again, feel free to truncate any lesson plan, eliminating sections or activities to fit your time, setting and student needs. For example, with time considerations, you could use just Volcano Breath or a [Mindful Moment Cards](#) One-Minute Relaxation in lieu of a longer Integration/Relaxation process.

Each class also explores a specific Yoga Calm mindfulness principle (e.g., Stillness, Listening, Grounding, Strength or Community), beginning with related Inquiry (to inspire and motivate students) and can tie in to a related health lesson/topic. The beginning and ending Inquiries can be changed to fit the age/development level of your students. We have included sample inquiries for both younger and older students.

In general, each new class in the 10-class unit also builds on skills from the previous classes. So you may repeat a previous class or section if your students need more time acquiring those skills.

This curriculum is designed to be used in traditional and non-traditional grades 2-12 settings for fitness, health, dance and sports education – including school PE and health classes, fitness/recreation centers classes, sports instruction and outdoor education/camp settings. We welcome your comments and feedback at info@yogacalm.org

New Activities Not in the Book *Yoga Calm for Children*

Belly Balloon Squeeze: Lie on your back with your feet on the floor. Make your belly big as you inhale. As you exhale, squeeze your low belly down toward the floor – squeezing the air out of the balloon. Second (more difficult) position is to bring knees up over hips and feet off floor. Same action, squeezing the belly down as you exhale, but keep the knees in one place, right above the pelvis, as the pelvis rocks back and forth with the breath. Fingers can be on the belly to feel it alternately expand and contract or you can take arms and hands back to the floor into “Cactus Arms,” with elbows and shoulder joint both at a 90-degree angle.



Cactus Arms

Cactus Pedals: From second position above, with arms in cactus and belly firm alternately touch your left toes to floor and then your right toes. Keep the belly firm and hugging down toward the floor and keep breathing! Alternate toe touches while keeping belly firm and shoulders and arms back in Cactus. To go further, slide your foot out on the floor and then “pedal” your knee back up. Then slide other foot out and pedal back. Repeat several times. [Online Video Link](https://vimeo.com/93346095/73a424d6ab#t=06:30)
<https://vimeo.com/93346095/73a424d6ab#t=06:30>

Cactus Twists: Lie on your back and warm up with a gentle twist to each side (page xx from *Yoga Calm for Children*). Then come back to center, with your knees up over the hips and feet off the floor. Keeping the shoulders on the floor, gently twist your knees a few inches to the right. Then back to center and to the left. Go back and forth, keeping the knees up toward the chest and the shoulders on the floor. [Online Video Link](https://vimeo.com/93346095/73a424d6ab#t=08:13) <https://vimeo.com/93346095/73a424d6ab#t=08:13>

Upper Body Half Crunch: Lie on your back with your knees bent, with your finger tips and arms straight and pointing over your knees. As you exhale, lift up your upper body. Lift from your chest, keeping your throat “open.” After a few seconds go back down. Repeat and then reach your fingertips a few inches to the right...and then to the left...back to center and then down.

Blindfold Hide & Seek: Variation of old favorite. Blindfolded student counts to 10 while others hide around room. By the end of the 10 count students must keep still and quiet as the blindfolded student tries to find them. Add multiple blindfolded students for larger classes.

Galaxy: Like Tree Circle, but with each student in Star instead. Hands press gently together, legs wide apart in Star. [Online Video Link](https://vimeo.com/90507168/aeda46a7ff) <https://vimeo.com/90507168/aeda46a7ff>

Name Toss: Students stand in one or more circles. Pass small object (e.g., ball) around circle saying your name and making eye contact. Now, go the other direction, this time saying the name of the person you are passing the object to. Leader takes object, calls out a student’s name, waits for eye contact and then softly tosses the object to them. They do same with a new person. Go through the entire group and then object is tossed back to leader. Repeat, tossing the object to the same person as before. Work on getting the object around faster, while making eye contact and staying calm. Then, toss a second object right after the first. Then, get three or more objects going around, without dropping them! [Online Video Link](https://vimeo.com/90474239/021a505285#t=00:13) <https://vimeo.com/90474239/021a505285#t=00:13>

Pose Walk: Like [Activate/Relax](#) walk in *Yoga Calm for Children*, but instead of “activating” students assume the yoga pose you call out. Great warm-up and/or review exercise. Like [Mat Tag](#) (YC book, page 78), this activity is good for when students are joining the class at different times.

Short Sequences Arm/Chair Swings: From standing, breathe in through the nose and take arms out to the side, turn the palms up and take them overhead. Then exhale through the nose as you sweep your arms back down bringing the hands together at the heart. Repeat several times, matching your movement to your breath. (Breathing through the nose.) Imagine your arms like giant wings extending up overhead and then, slowly floating down with your breath.

Now, breathe in and stretch up. As you exhale, sit back in Chair pose. Inhale, straighten your legs and reach to the sky. Exhale, float hands back together at your heart. Repeat several times, matching your breath and movement.

Partner Poses: Partner Pull, High 5 Minuet/Sound of Music, Shoulder Clock

See [this video https://vimeo.com/118848080](https://vimeo.com/118848080) for instruction on these partner activities. Partner Pull and Shoulder clock are also in YC book, pgs 80 and 86, respectively.

Standing Pose Flow (Star, Warrior 2, Side Angle)

From Star pose turn your right foot out. Bend your right knee out to Warrior 2. Keep the legs where they are, rest your arm on your knee and take the other arm overhead. Keep legs where they are and come back to Warrior 2, then Star pose. Repeat on other side. Finish with Forward Bend. [See this video https://vimeo.com/93346095/73a424d6ab#t=30:57](https://vimeo.com/93346095/73a424d6ab#t=30:57)

Changing Tree

[Video Link https://vimeo.com/94296255](https://vimeo.com/94296255)

Teaching Tips for Mat 20 Sequence & Standing Poses

Watch this video to see how the drum can be used to help create a steady flow and focus for our students. Include evocative emotionally connecting language as well as detailed alignment tips (and common misalignments) for each pose in the Mat 20 sequence as well as Warrior 2, Side Angle & Triangle. [Video Link](#).

Yoga Renewal Video

[This video link https://vimeo.com/93346095/73a424d6ab](https://vimeo.com/93346095/73a424d6ab) connects to a complete yoga class with instruction on many of the poses above, in the Mat 20 and in the following class plans. This an adult class and its theme is designed for school teachers, but many of the activities and instruction are suitable for high school students.

Natural Breath Inquiry

[Watch this video https://vimeo.com/139807066#t=03:20](https://vimeo.com/139807066#t=03:20) to see how we lead the natural breath inquiry from page 50 in the YC book.

Mat 20 Teacher’s Class

[Watch the Mat 20 class https://vimeo.com/92019013/bb8eb33c6a](https://vimeo.com/92019013/bb8eb33c6a) with a Community theme and additional teaching tips for teachers. Teambuilding and social/emotional support techniques such as compliments, student leading, the use of the drum, student challenges and demos, and

Yoga Calm® HPERD 10-week Curriculum

Inquiries

The following inquiries are noted by number in the 10-class Plan Curriculum.

They are based on One-Minute Explorations (pg 134 in *Yoga Calm for Children*) and excerpted from [Mindful Moment Cards](#)

Inquiries

1. Think of a time when you needed the help of a friend or friends to succeed. How did they help you? What did you do to help yourself?
2. Before beginning Volcano Breath, think of one thing you would like to bring into your day. Get that clearly in your mind. Now, as you exhale, imagine your day filled with that quality.
3. Think of a time when you felt very strong. What were you doing? How did your body feel? Who was with you?
4. Think of a person you know or have seen that is physically strong. What does that person communicate when he or she walks? Now imagine yourself as a very strong person. How does that look, and how would that help you in life?
5. Think of an athlete that you consider a hero in some way. What is it about this person that you appreciate? How does this person express strength and heroism?
6. Every person has strengths. Take a moment to think about your strengths. Are you a team player? Physically strong? A fast runner? Think of the strengths that you bring to your family, a team, a sport.
7. Think of a big tree – maybe it is your favorite tree. Imagine its roots going deep into the ground as its branches reach into the sky. Grow the roots deep so that when the wind blows, it doesn't fall over. If you think of the roots of your life – the things that keep you from falling – what are they?
8. Think of a large old tree with big branches. Imagine sitting with your back against the tree and watch the things around you.
9. Imagine standing up for something you believe in. Your voice is deep, strong, confident, and informed. Because of this, people listen to what you have to say.
10. Imagine you are in a place in nature. You hear a rustle in the bushes and you see a wild animal. Get very still so that you don't disturb the animal. What do you do in your body to stay still and prevent the animal from seeing you?
11. Picture a clear mountain lake on a sunny day. You are sitting beside it with a friend. There's not a ripple on the lake. What do you see? What do you hear?
12. Think of a time when you needed to practice being very still and alert. Maybe it was right before a race and you had to wait for the race to begin. Or you were up to bat and you had to focus on the ball coming at you. Can you think of a time you needed to practice being still and focused? What did you do to help yourself maintain control?

13. Do you remember who your superhero was as a child? What was it about this superhero that you liked? What did they do that you found exciting or interesting?
14. Think of a time when you had to be a hero for someone or something. Maybe you protected a younger sibling, or stopped someone from being mistreated. Or maybe you protected an animal. How did your body feel when you did this?
15. Think of three ways your body communicates what it needs to you. Do you listen when your body sends you a message? What happens if you don't?



Class #1
 Theme: "Community"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Name Toss</p> <p>Hoberman Breath (HB), pg 63</p> <p>Ground Rules Poster: Respect for self and others; Self Care</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63</p> <p>Balloon Breath with hands on belly Squeeze air out of Balloon with low Belly belly muscles</p> <p>Leg Extensions with Foot Circles, pg77</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Rock & Roll/Boat, pg 84</p> <p>Volcano Breath, pg 97</p> <p>Mtn to Mtn flow from Mat 20, pps 158-159 Mountain Test with friend Bent Knee Lunge</p> <p>Relaxed Breathing</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Trust Walk, pg126</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Knees into chest/gentle rocking</p> <p>Belly Breathing on back, pg 63</p> <p>Inquiry #1</p>	



Class #2
 Theme: "Community"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Name Toss or Mat Tag, pg 78</p> <p>Hoberman Breath (HB), pg 63</p> <p>Importance of Nose Breathing (filter, warm moisturizes, slows breathing down) pps 47-49</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63</p> <p>Balloon Breath/Low Belly Squeeze Add feet/knees up cactus arms variation</p> <p>Leg Extensions, pg 77 write name of best friend with big toe</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Rock & Roll/Boat, pg 84</p> <p>Volcano Breath, pg 97 Pause at "top of inhale" then slow exhale (discuss benefits of slowing exhalation)</p> <p>Mtn to Mtn flow from Mat 20, pps 158-159 Bent Knee Lunge</p> <p>Relaxed Breathing</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Shoulder Clock, pg 86</p> <p>Partner Pull, pg 80</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Inquiry #2 Seated Volcano Breath, pg 97</p>	



Class #3
Theme: "Strength"
Grade Level: 9-12
Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Activate/Relax Walk, pg 58</p> <p>Hoberman Breath (HB), pg 63</p> <p>Inquiry #3</p> <p>Importance of muscle activation and strength for safety in yoga poses</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back Balloon/Low Belly squeeze - "Feel your strength"</p> <p>Cactus Arms Pelvic tilts Feet/Knees up Add alternate toe touches (extend leg optional)</p> <p>Alternate arm/leg kicks (all fours), pg 59</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Arm Swings synchronized with the Breath, pg 60 Add Positive Self talk</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 Straight Leg Lunge Tiger paws hands; Lift Belly</p> <p>Four corners feet/hands press down Activation of muscles</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Star pose, pg 88 Galaxy (Hands together like tree circle but legs wide like Star pose) Practice Active, yet relaxed arms (not pushing too much)</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Floor Twist, pg 95 Progressive Relaxation, pg 133</p> <p>Inquiry #4</p>	



Class #4
 Theme: "Strength"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Pose Walk (pose review)</p> <p>Hoberman Breath (HB), pg 63</p> <p>Inquiry #5</p> <p>3 Types of strength: Phys, Mental & Emotional</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63 Stillness Challenge or Grizzly Bear</p> <p>Cactus Pedals</p> <p>Gentle Twist, pg 95 Cactus Twist</p> <p>Alt. Arm/Leg Kicks, pg 59 or Superman on belly, pg 89</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Arm Swings & Chair Pose, pg 60 synchronized w/breath Add Positive Self Talk</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 "No hands" cobra "Tiger paws" hands/Lift Belly in Dog & Plank</p> <p>Activation</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Warrior II (WII), pg 99 Past, Present & Future, pg 119</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Floor Twist, pg95</p> <p>Inquiry #6</p>	



Class #5
Theme: "Grounding"
Grade Level: 9-12
Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Planet walk: Walk around the room like you: are on different planets. Weight double on Jupiter; 1/3 on Mars; Just right on Earth</p> <p>Hoberman Breath (HB), pg 63</p> <p>Inquiry #7</p> <p>Posture exploration/discussion: hang head, lean back, middle. What does posture communicate?</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63 Cactus Pedals</p> <p>Floor Twist, pg 95 Cactus Twist</p> <p>Alt. Arm/Leg Kicks, pg 59 Touch elbow to knee variation</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Roots (with 4 corners of feet awareness), pg 85</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159</p> <p>Star, WII, Side Angle</p> <p>Expansion Principle (extend limbs & fingers)</p>	
<p>Social Skills/Games (10-15)</p> <p>Teamwork Character Development Leadership</p>	<p>Tree Circle, pg 93 with light wind Challenging the trees and making their roots grow and become stronger</p> <p>Eagle Circle pickup leg and cross it over knee Extend leg backwards and go flying with your friends</p>	
<p>Integration/Relaxation/Review (3-10 mins)</p> <p>Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Leg Extensions, pg 77</p> <p>Inquiry #8</p>	



Class #6
 Theme: "Grounding"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Pose Walk with Star, Tree, Warrior 1 & 2 and Side Angle</p> <p>Hoberman Breath (HB), pg 63</p> <p>Skeletal System Exploration The "Arms" on Hoberman sphere are like ribs Our bones to help us connect to the earth and stand tall</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63 Balloon/Low Belly squeeze - "Feel your strength"</p> <p>Cactus Pedals</p> <p>Floor Twist, pg 95 Cactus Twist</p> <p>Bridge Pose, pg 67</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Volcano Breath, pg 97</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 Elbow plank One Leg Chair Poses (lift one foot, then other) Partner Dancer (or Quad stretch on floor) Bow Pose on belly Star, WII, Side Angle, Forward Bend</p> <p>Knee alignment (pg 56)</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Woodchopper, pg 100 One-Point Activity</p> <p>Eagle, pg 75</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Leg Extensions, pg 77 Twists, pg 95</p> <p>Inquiry #9</p>	



Class #7
 Theme: "Stillness"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Activate/Relax walk, pg 58</p> <p>Hoberman Breath (HB), pg 63</p> <p>Inquiry #10</p> <p>Pulse; Cardiovascular System</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63 Stillness Challenge (staying still for 30 seconds)</p> <p>1/2 Crunch w/Stillness</p> <p>Bridge Pose, pg 67</p> <p>Alt. arm/Kicks, pg 59 Elbow to knee variation (go smooth & slow)</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Roots to Stillness, pg 85</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 Quad stretch on belly/Bow prep Bow Pose, pg 66</p> <p>Expansion</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Tree Circle, pg 93 alone & with group support</p> <p>Tree Challenge 1, pg 92</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Child Pose, pg 70 Twists, pg 95</p> <p>Inquiry #11</p>	



Class #8
Theme: "Stillness"
Grade Level: 9-12
Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Blindfold Hide & Seek (2-3 students it for large classes)</p> <p>Hoberman Breath (HB) notice "pauses", pg 63 Pulse Count, pg 83</p> <p>Pulse/Cardiovascular System Stress Response & using slow, relaxed breathing to calm down</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back. Pg 63 Balloon/Low Belly squeeze</p> <p>Cactus Arms/Toe Touches (upper body still)</p> <p>1/2 Crunch w/Stillness</p> <p>Bridge Pose, pg 67 w/Leg Ext. Variation</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Pulse Count, Run followed by Volcano Breath (to calm) and Pulse Count, pg 97</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 add Side Plank, pg 82 (variation: top leg foot on floor, knee bent)</p> <p>Activate muscles, extend bones</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Changing Tree with Partner</p> <p>Arrow with Partner</p> <p>Tree Challenge 2 with Partner, pg 92</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Child Pose, then lay on back, pg 70</p> <p>Inquiry #12</p>	



Class #9
 Theme: "Listening"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Blindfold Seek</p> <p>Hoberman Breath (HB), pg 63</p> <p>Inquiry #13 Superhero or Hero in a Movie</p> <p>How do you know what is the "right" amount of challenge or "stress" in a pose? The "edge."</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Cat/Cow with group and then following your own breath cycle, pg 68</p> <p>Alt leg /Arm kicks. Listen to your body, holding the pose as long as you need to then going into Child, pps 59 & 70</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Arm/Chair Swing Sequence with group then following your own breath cycle, pg 60</p> <p>Pulse Count then Run, Pulse Count again (different pulses for different needs), pg 83</p> <p>Mtn to Mtn flow from Mat 20 w/Drum, pps 158-159 Add Side Plank (variation: top leg foot on floor, knee bent)</p> <p>Relaxed Breathing</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Archetype Game , pg 105</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Child Pose, pg 70</p> <p>Inquiry #14</p>	



Class #10
 Theme: "Listening"
 Grade Level: 9-12
 Length: 30-60 minutes

Framework	Activity	Notes
<p>Intro Processes (3-5 mins) Transition Process</p> <p>Focusing Process</p> <p>Themes, health lessons & other cognitive material</p>	<p>Hoberman Breath (HB), pg 63</p> <p>Pulse Count, pg 83</p> <p>Volcano Breath, pg 97</p> <p>Inquiry #15</p>	
<p>Floor Work (3-5 mins)</p> <p>Core strength Core stabilization Dev movements</p>	<p>Belly Breath (BB) on back, pg 63 Balloon/Low Belly squeeze Knees up/cactus arms variation</p> <p>Cat/Cow moving in synch with the breath, pg 68</p>	
<p>Active (15-25 mins)</p> <p>Strength Fitness Flexibility</p> <p>Alignment Principles</p>	<p>Star, WII, Side Angle (same on other side) Forward Bend</p> <p>Tree Pose, pg 91</p> <p>Knee alignment; Expansion</p>	
<p>Social Skills/Games (10-15) Teamwork Character Development Leadership</p>	<p>Block Creek, pg 64 Set up multiple "creeks" for larger groups</p>	
<p>Integration/Relaxation/Review (3-10 mins) Strategic Storytelling Relaxation Review Concluding Comments</p>	<p>Mindful Snack (shortened), pg 118</p>	

Yoga Calm HPERD Curriculum

Bonus Lesson Plans for Grades 9-12

Lesson Plan #1

Theme: Discovering our gifts so that we may serve others. Living from the heart.

Emotional Quality/feeling: Appreciation, trust, connection and empowerment.

Primary Alignment principle/objective: Muscle Energy (“Activating”) and shoulder loop

Secondary Alignment principle objective: Expanding

Anatomical Landmarks: Head of arm bone (humerus), shoulder blades (scapula), abdominals (transverse abdominis & obliques), breastbone (sternum)

Pinnacle Pose: Warrior I

Supporting Materials: [Heart of the Teacher Video](https://vimeo.com/93346095/73a424d6ab) <https://vimeo.com/93346095/73a424d6ab>

Class Sequence/Notes

Child – Bowing forward in many cultures is a sign of respect, a gesture of reflection. Take a moment to reflect on those people in your life who could see your gifts. Who was it that really saw you. That could see your gifts. I’d like to take this moment to thank our teachers. To those that helped us along the way. Yoga is a wonderful living tradition – a gift passed on from teacher to student.

Restorative Shoulder Roll – Roll blanket or mat into 2” roll. Lay across it, with the roll across your back, a few inches away from your armpits and under your heart. Bend your knees and place your feet on the floor. Give yourself a hug and gently rock your torso side to side massaging your upper back. Take arms overhead and back to floor in touchdown position with palms facing each other. Keeping arms straight inhale and draw your muscles in from your finger tips to your heart, exhale and stretch your arms and fingers out from the heart. (Stretches chest and arm muscles, opens upper back.)

Bend elbows and take them out to the side in a cactus position. Feel the weight of your head and arms falling back with each exhale and how the heart, supported by the shoulder roll, expands with each inhale.

Pelvic Tilt abdominals – Remove shoulder roll and lay on back, with knees bent and feet on the floor. Take your finger tips to your low belly, between your belly button and pubic bone and feel how your breath rises and falls. On your next exhale pull in your low belly in and feel your strength. As you inhale relax, let your belly rise and your shoulders and head fall back. On the next exhale add a gentle tail tuck and feel all the muscles around your pelvis hugging in and supporting you. Repeat several times. *What are your strengths, your gifts? Hug into them.* (Strengthens transverse abdominal and pelvic floor muscles.)

Cactus Pedals – Take arms back overhead and into Cactus position (90 degree bend at the elbow) and with next exhale firm your belly and lift your feet off the floor. Knees will float over the hips, with the thighs pointing straight up. On next exhale, touch your right toes to the floor and then bring them back up. Alternate toe touches, while keeping the belly firm and the breath moving. For more of a challenge you can touch your toes and slide your foot out and away from your hips. As you slide your foot out you have to hug more into the core to protect your back. *With strength and support you can move out into the world.* (Challenges shoulders and core muscles to stabilize upper body in order to extend legs out.)

Gentle Floor Twist – Pull knees toward chest and over to right. Stack knees on top of each other and create an inward arch to your low back. Place arms out to sides, palms up. Look out towards your left hand. Breathe in and stretch your fingertips apart. Exhale, let the head of your arm bone (where your arm meets your shoulder) fall toward the floor, followed by your arm and hand. *From your heart reach out into the world, as you exhale come back home.* (Stretches, hips, back, chest and neck.) Repeat on other side, hopping the hips slightly over to the right as the knees come over and to the left side.

Cactus Twists – Take knees up toward chest and arms back to cactus position. Exhale and take your knees a few inches to the right. Inhale and bring them back to center. Repeat on other side. Continue, following your breath from side to side. If you can keep the back of the shoulders in contact with the floor the whole time you can go further in the twists. *Stay connected to the earth, your core, as you open up.* (This strengthens the rhomboids, mid/low trapezius and infraspinatus rotator cuff and oblique muscles and gives students sense of integrating lower and upper body.)

Bridge Pose – Pull elbows in close to ribs and point fingers toward the sky like robot arms. Knees bent, feet on floor, hip-width apart and pointing straight ahead. As you breathe in lengthen your side bodies and pull your shoulders toward the floor. As you exhale, press out through your feet and lift your hips up. Relax face and jaw. As you breathe in gently press your back as your chest lifts up and toward your chin. As you exhale lengthen your tail and buttocks muscles out towards your knees. On next exhale, keep lengthening your tailbone and roll the spine down, one vertebra at a time, until your sacrum is on the floor. Repeat two more times. *Feel the support of your shoulder blades as they lift and expand your heart out into the world.* (Develops body's extensors muscles while stretching the front body's flexors. Good counter stretch to previous abdominal work. Can use this pose to introduce “**Shoulder Loop**” alignment actions: long sides, head of arm bones (humerus) and head back, shoulder blades curl under heart and lift sternum up.)

Strap Stretch (or leg extensions if no strap) – Extend right leg up into the strap loop and left leg straight out and flat on floor with toes pointing straight up. Flex and point your toes in both legs and feel the muscles that run from your feet to your knees. Spread and cock your toes toward your knees to feel the muscles in the front of the legs hug in toward the bone. Then gently press your thighs and heels slightly away from your head to feel the muscles in the leg (hamstrings) activate and hug in. With the muscles hugging in, stretch your legs straight, lengthening your bones out from the muscles. Work at a level where you can breathe in a relaxed manner. Breathe in and gently hug muscles in; then exhale and extend out through the four corners of your feet. *Draw in to your core, so that you may extend out with integrity.* (Stretches hamstrings in a safe manner for the back.)

Cat/Cow – Hands under shoulders, knees under hips. With arms straight, soften your heart and release your spine towards the earth. Feel the head of your arm bones dive deep into the shoulder sockets. Breathe in, look up and pull your heart forward into Cow pose. Expand your chest and upper body, then exhale, bow your head and press your waist up to the sky into Cat pose. Connect your movements to your breath, going back and forth. *Bowing forward look in, to your gifts. Inhale, lift and shine out from your heart out into the world.* (Warms up core and spinal muscles. Reinforces the natural undulations that the spine makes with every breath. Deeply integrates arms and legs into the shoulder and hip joints.)

Down Dog – From all fours turn your toes under and sit back toward your heels for a little foot stretch. Then spread your fingers and place your hands on the floor under the shoulders and turned so that the wrist creases are parallel with the front edge of your mat. Gently claw the earth to engage the muscles and straighten your arms. Lovingly hug the muscles to the bones from hands to the shoulders. With those strong arms, now you can soften your upper back and feel the support of the earth thru your arms. Keep the heart soft and sternum lifting as you lift your hips and come up into Downward Dog. Bend your knees slightly and look up at your hands. Spread your fingers again and firm and straighten your

arm as you lift your breastbone. Keep this action as you soften your upper back and, from your heart, lengthen back through your legs and feet. Now, keep those arms straight and steady as you inhale and lift your heels and toes. Exhale and press out through the bones of your feet. Two more times. Breathe in, lift your heels and also spread your toes. Exhale and lengthen back through your toe mounds (where your toes meet your feet) and heels. As you inhale draw the muscles up from the soles of your feet to your hips. As you exhale, lengthen out from your hips out and down through the toe mounds and heels evenly. Now, bend your right knee and pull your left hip back, stretching your left side body from hip to armpit. Repeat on other side. (Lifting head and arms bones helps to engage mid/low trapezius and rhomboid muscles, important for shoulder health. Pressing through toe mounds protects Achilles' tendon.)

Forward Bend – From Dog, take your feet as wide as the mat and then walk your hands back to your feet to come into a forward bend. Feet wide as the mat, bend your knees and touch the floor with your fingers. Relax your head and neck, open your jaw and let your head hang and your pelvis tip forward. Shake your head “yes” and “no.” Tip your pelvis even more forward pouring your upper body toward the floor like a waterfall. (Taking feet wide, bending knees and touching the floor in FB reduces the load on the lower back discs while stretching the hamstrings.)

Chair pose – Hands to hips, bend knees, look up and sit back like you are sitting in a chair. Bring your feet in, so they are hip-width apart and pointing straight ahead. Keep taking your thighs back so that you have an inward curve to your low back. Then, balance that action by gently lengthening your tail toward the floor. When these two actions are balanced you will feel a lift in your belly and spine. Use this lift, this support, to take your arms up into touchdown position with palms facing each other. Exhale and relax your upper back and face. Now, shift your weight to one leg and make ankle circles with the other leg. Do the same with your wrists. Turning your hands one way and then another. Switch legs and repeat. Now, karate chop your hands and arms slightly down and pull in from your finger tips as you lift your heart. Then, from the heart lengthen the arms overhead again. On the next inhale, press out through your feet and stand tall.

Upward Mountain – Keep your arms overhead, interlace your fingers and press your palms toward the sky and your feet toward the earth. Keep pressing through your feet, and keeping your lower body still, as you side bend to the right and left. Come back to center and relax your face and upper back. Stay here for two more breaths. (This position was shown to help with carpal tunnel syndrome, JAMA research.)

Forward Bend with arms interlaced behind back – Take your feet a little wider, interlace your hands behind your back, bend your knees and bend forward. Bend your elbows and shrug your shoulders toward your ears. With your side bodies long, press out through your feet and press your head out and away from your hips as you straighten your arms and press your knuckles toward the sky. Keep pressing out through the top of your head as you look and twist your torso toward to the right and left. Then bend your knees, release your hands, look up and press through your feet to come up to standing. (Opens chest, releases neck and upper back muscles.)

Partner Pull – Find a friend and grab their right wrist with your right hand. Bend your knees, look at the floor and lean back and away from your partner. Feeling their weight, work together to stretch your right hip back. Move your feet forward or back as necessary. Keep holding on as you let your right shoulder release. Breathe into your right side body. Bend your knees, look up and press through your feet to come back up to standing. Switch sides. (Stretches lats, intercostals, side bodies and hips, while tractioning the lower back.)

High 5/Minuet – Facing your partner, lift your right arms to cactus pose and place your right palm and elbow together. Elbows will be shoulder height. Breathe in, spread your fingers and lift your head and

chest. As you exhale, gently twist away from each other. Feel your low back with your other hand and gently tuck your tail so you have a slight, and not exaggerated inward curve to your low back.

Sound of Music – Keep your hands together, step apart from each other and straighten your arms. Gently press your hand toward your partner’s hand to take the head of your arm bone and shoulder back. Keep your shoulder back as you gently turn and look away from your friend. Tip your head back and away from your hand. Open your jaw once or twice and breathe in to your chest and arm. Again, gently tuck your tail if you tend to overarch your back. Switch sides. Release and notice the effects. (Stretches pectoralis muscles, biceps and scalenes.)

Pose Flow Section – Feet hip-width apart and pointing straight ahead. Reach up into Upward Mountain. Exhale into Forward Bend and touch the earth (bend your knees if you need to). Then, take right foot back into a lunge. Slide your hands back under the shoulders or in line with your ankles so you can come up high on your fingertips. Now relax your front thigh, hip and upper back. Breathe. Breathe in and engage the muscles in the back leg, lifting the inner knee and thigh up. As you exhale take your left hand to your thigh and twist your torso to the left. Keep the back leg steady as you turn your belly, heart and head to the left. Then, press out through your feet to support your left hand as it reaches to the sky. Press that hand down toward the floor slightly and pull the head of the arm bone back into it’s socket. *Connect into your heart and shine out!* Take hands to the floor and switch legs. Repeat on other side. (Warms up body, stretches gluteals, hamstrings, adductors and chest.) Repeat on both sides again, time permitting.

Downward Dog – Arm bones, heart and head float up on the in breath. Soften the upper back and lengthen back on the out breath. *With strong arms your heart is safe to soften.*

Child Pose – Same instructions as before.

Gentle Floor Twists – Lay on your back and take your knees up and over to the right, stacking evenly on top of each other. Create an inward lumbar curve and then let your arms open, palms up, out to the sides. Do the other side the same way. Finish by grabbing your knees and taking them around in a circle, massaging the low back and feeling the support of the earth.

Knee Circles/Back Massage – Pull the knees in toward the chest and then take them around together in a circle to massage your back. Relax your shoulders, face and jaw and let your head fall back to the earth. Make your circles smaller as you drop your weight toward the earth. *What is it that you circle around? What’s at the center of your world?* Make the circles smaller and smaller, funneling more and more to the earth... Until the spiraling action is more of an internal experience. (Calms and centers in preparation for Savasana. Relaxing shoulders and head back toward floor reinforces shoulder principles.)

Resting Pose – Now, take your feet wide and teepee the knees toward each other or lay the legs out flat on the floor for Savasana. Either position is fine. As you breathe in turn your palms to face up. Feel how that helps the shoulders to roll back and how the shoulder blades come flat onto the upper back and under the heart. Like the shoulder roll at the beginning of class, feel how the shoulder blades support the heart, like “loving hands.” Fall back into that support as you exhale. The earth, like our friends, our families, our teachers, supports us. Breathe in and out feeling that support and gratitude.

Class Plan #2

Primary Alignment principle objective: Muscle Energy/Hug to Midline

Secondary Alignment principle objective: Expanding

Emotional Quality/feeling: Strength, trust, gratitude, trust, connection and empowerment.

Anatomical Landmarks: Head of arm bone (humerus), shoulder blades (scapula), low belly (transverse abdominis), breastbone (sternum), sacrum, tailbone (coccyx)

Pinnacle Pose: Warrior II

On Back Belly Breathing –

- Watch your breath.
- Feel how you relate to the earth.
- Yoga is about relationship – to ourselves, each other and to the world.
- Feel how you relate to the earth, to your breath, to yourself.
- Make space for your breath and whatever you bring to your class – your thoughts, your feelings, your emotions. All are welcome.
- So, try to be present with whatever you are feeling, without judgment and “have a cup of tea with it.” Be able to sit with and be open to what you are feeling.

Pelvic Tilt Abdominals –Aligning with Our Midline

- Of course, there are deeper layers of truth, principles that are important to all of us.
- What is important to you? Your family, your career: Perhaps its honesty, love, compassion, service...
- What is the truth you live by? What are your deepest convictions?
- Now, pull your belly down toward the spine as you exhale and hug into that truth, your truth.
- On a physical level, the body’s “truth” could be considered our spine. Developmentally we grew out from this “center” channel; it is what we are organized around, what we move from, our deepest self.
- Now add the toe touches with this engaged core. Touch one set of toes to the floor, come up and then touch the other. As we move out in the world we need to do it from what we believe in, our truth, our deepest principles. Hug into that truth as you slide your toes out and then “peddle” your knee and leg back. The more you move out in the world the more you have to hug in to your principles. The world will challenge us to speak our truth, to speak from our truth, to act from our truth.

Cat/cow

- Breathing in and out through Cow and Cat pose, respectively. Let your movement follow your breath. The breath is this wonderful gift. Without doing anything consciously our breath happens on its own. It’s a gift! The air we breathe, the food we eat, our homes, our friends and family are all here to support us. Looking in (cat pose), appreciate all that you have, so that you may be generous and give back (cow pose). And, paradoxically, the more we appreciate what we have, the more there is to appreciate.

Alt Arm & Leg Kicks

- From all fours, lift your belly and extend your right leg behind you. Hug in your belly muscles in so that you can support your left arm as it lifts.
- Looking at the floor slightly, lift your belly a bit more and extend your spine. Compare/Contrast what happens if your belly goes limp.
- Alternate Arm & Leg Kicks focusing on hugging in so that you can lengthen out through your spine (from head to tail). Hugging in we can direct our energy positively out into the world.

- Continue alternating, lifting and extending as you inhale and coming to the floor as you exhale.
- Now on the next exhale, slowly touch your elbow and knee to each other on those extended limbs. Inhale and extend out. Exhale, slowly touch elbow and knee. Go slow and smoothly, with focus and direction. Do this three times and then switch sides.
- Go slow, with awareness, a commitment to the truth and with gratitude as you expand outwards to be all that you can be.

Puppy Dog

- From all fours, walk your knees back about one foot and lean back with your hips coming into puppy dog pose.
- Use a block on its lowest setting to support your head and to align it with your arms and spine.
- Breathe in, spread your fingers and press your knuckles down so that your arms lift up.
- With this support, soften your upper back and let your heart melt.
- With the support of our strong arms we can let go and find ease in our heart.

Down Dog

- Come back to all fours and turn your toes under.
- Spread your fingers and press your knuckles down to engage the muscles on the underside of your arms, lovingly hugging the muscles to the bones. Then soften your upper back and heart. Let go with your heart so you feel the earth's support.
- Keep these actions of strong arms and a soft heart as you come up into dog.
- In dog, inhale, press your hands down and lift and straighten your arms. As you exhale, soften your heart, connect to the earth and lengthen back from your heart. Breathing in, feel the front of your heart (chest) lifting along with your arms and head. Keep your heart lifting and the head in line with your arms as you soften your upper back and lengthen back.
- In order to let go, something else has to support you. Feel the support of your arms so that your heart can be soft and receptive.

Forward Bend

- From Dog, walk your hands back to your feet in a forward fold with your feet a foot or more apart with toes points straight ahead. Bend your knees enough to touch the floor so your upper body can release like a waterfall down to the earth. (Sacrum should be the highest point – not the low or upper back.)
- Bending the knees slightly, we can feel the earth and surrender to its strength. Now gradually firm and straighten your legs, drawing the strength up into your body. Contrast by locking the legs out – “resisting the earth” – and see how that feels. Find the balance of the legs being firm, but with knees “softly bent”.

Chair Pose

- Walk feet in about 8” apart (two fists), bend knees, look up and sit back as you take your hands to your hips, like sitting in a chair.
- Teepee your knees in, feeling the inner foot, and then take your knees out wide, like a cowboy, feeling your outer foot. Now find the middle place, where inner and outer foot – the four corners of your feet – are pressing down evenly.
- Now, firm your belly to support your arms as they come up and overhead in “touchdown arms.” Stay here for 3-5 breaths and then press down through your feet and rise up to upward mountain.

Partner Pull

- With your right hand grab your partner's right wrist. They do the same.

- Bend your knees, bow forward and lean back, creating a long flat back, parallel to the earth
- Holding each other's hand, let your hips release back. "Hold on and trust each other, so you can let go."
- Life is a balance of action and listening, of holding on and letting go.

Arm Swings & Chair Pose

- Bring hands together in front of the heart.
- Arm Swings: Breathing in through the nose, release your hands down and out the sides and then take them up overhead (touchdown arms). Then exhale through the nose and release your arms. Let your arms float back down and hands come back to the heart.
- Continue on your own, letting your breath "lead the movement," moving until the breath stops at the top of the inhale or bottom of the exhale.
- Now, let's add chair pose.
- After your arms float up with the next inhale, exhale and slowly sit back into chair pose.
- Keep sitting back until the end of the exhale.
- Then, inhale and follow the breath all the way back up until you are standing tall in Upward Mountain.
- Exhale, float the hands back to the heart.
- Continue, matching your movement to the breath.

Pose Flow (Mountain to Mountain section of Mat 20 flow)

- In Lunges, Down Dog, Warrior I, Plank, Cobra, focus on hugging into and extending out from the spine line.
- In Downward Dog feel that when the arms are straight and strong, you can relax and let go, softening your upper back and resting in your strength.
- Cue cobra with the idea of softening when you meet resistance, honoring your limits, and listening to your body. Then, rooting your legs and hips into the earth more to see if you can find more freedom in your upper body.

Star & Warrior II (time permitting)

Focus on these principles of alignment and their related emotional qualities (e.g., hugging in, expanding out to do good in the world, living our truth). The essence of the Warrior is love and protection of that which they love: community, family, country. Living from the heart we are warriors for truth and goodness in the world.

Gentle Twist - See Previous Class Plan Instructions

Resting Pose

Breathing in, turn palms up and roll the shoulders back. Soften and feel the support of the earth. The more you release, the more the earth supports you. As you breathe in make space for everything you experience in this moment, without judgment, without processing. Resting in this experience of peace

Class Plan #3

Theme: Hugging into your center and letting go of nonessential (Fall season class)

Emotional Quality/feeling: Containment/safety/focus; Opening/Letting go/Releasing

Primary Alignment principle/objective: Activating Muscles and Expanding Out

Anatomical Landmarks & Actions. Muscle Energy: Engage low belly (transverse abdominis) & lengthen tailbone (coccyx), lift breastbone (sternum). **Shoulder Loop:** Lift heart (sternum), externally rotate upper arms (humerus), move head and head of humerus back, pull shoulder blades (scapula) onto back.

Pinnacle Pose: Side angle

Long (Breathing) Roll

- Head and tail on the roll; knees bent, feet on the floor; elbows bent with arms out to sides in cactus position (hand on hip with block supporting elbow for shoulder injuries). As you exhale, relax and feel the support of the long roll, how it supports your spine from head to tail.
- With each exhale, feel the weight of your head and shoulders; let them fall back.
- As you breathe in, feel the breath filling the core of your body, travelling from your pelvis up to the heart.
- On the next inhale, take a fuller breath and hold it at the top, feeling the energy of the breath expanding outward from the heart and arms. Then exhale and fall back to the floor like a fall leaf floating to the earth.
- Indeed, the energy of the fall season in the Northern Hemisphere is drawing in, back to the earth. The leaves are letting go to reveal the essential structure of the trees. But before the trees let go of their leaves there is one last moment of brilliance, of expanding color. So, on the next breath, expand your chest as big as you can... And then let it all go...

Shoulder Roll

- Same setup and initial instructions as in previous class plan.
- Straighten arms and legs out on the floor with palms facing each other.
- Breathe in and draw your muscles in to your center, from your fingers to your heart and from your toes to your hips.
- As you exhale, lengthen out from your core.

Pelvic Tilt Abdominals with Toe Touches

- Same setup and initial instructions as in previous class plans.
- Breathe in and as your belly expands, pull your shoulders back toward the earth.
- Breathe out and hug your belly into your spine, your center.
- Hugging in we create a container so that we can direct energy, like how the bark hugs into the tree to direct its energy down into the earth and up to the sky

“Dead Bug” Alternate Arms and Legs on Back (Abdominals)

- From pelvic tilt position above, raise your arms and point your hands toward the ceiling.
- Engage your low belly again and this time take your right arm all the back to the floor as you touch your left toes to the floor.
- Come back and then, take your left arm back as you touch your right toes to the floor.
- Try to keep your central trunk, your torso stable as you do this

Gentle Twists

- Same setup and initial instructions as in previous class plans.

Cactus Twists

- Same setup and initial instructions as in previous class plans.

Windshield Wiper

- Knees bent, feet as wide as your mat. Tip your knees toward each other “teepee” style. Take your arms overhead and back to the floor, interlacing your hands.
- Keeping the knees hugging toward the center, take your right knee over slightly toward your left ankle.
- With the inner legs and hips heavy, gently lengthen your tail and feel your right thigh bone “growing” out of your hip.
- At the same time, pull your right arm so you feel a stretch on the whole right side of your body.
- Repeat on the other side.

Bridge Pose

- Same setup and initial instructions as in previous class plans, but with a block between your thighs.
- Feel your shoulder blades hugging into your back and lifting your heart high to the sky.
- While in the pose, hug your knees slightly toward your center so that you don’t drop your block, and then press your inner foot down as you lengthen your tailbone and take the hips and outer thighs higher.
- The knees hugging in are like the banks of the river, containing and directing the flow of energy. This disciplined awareness in yoga, of making choices that nourish our wellbeing, is called Tapas and it creates the heat of transformation.
- Now, lengthen your tail toward the sky as you roll down from your neck to your hips.
- Repeat bridge two more times.
- [The block helps to engage the adductors, so the Gluteus Maximus doesn’t overengage and compress the sacrum and low back.]

Puppy Dog

- Come to all 4s. Walk your hands out and your knees back under or behind your hips.
- Lengthen arms out and rest your head on a block
- As you breathe in, press your hands down to straighten and lift your arm bones up until they are as high as your ears. As you exhale, soften your upper back and let go, releasing your heart toward the earth.
- As your heart releases it will come into alignment with your head and arms, forming a line from your finger tips to your hips.

Alternate Arm and Legs [optional]

- Same setup and initial instructions as in previous class plans.
- Focus on hugging belly up to and extending out from the “spine line.”

All Fours to Down Dog to Forward Bend to Standing

- Same setup and initial instructions as in previous class plans.
- From all fours straighten and firm your arms as you breathe in and then soften your upper back as you exhale.

- Come into dog. As you breathe in lift your arm bones, heart and head. On the exhale, soften your upper back and lengthen from the heart out through the arms and legs, like you did earlier in Puppy Dog.
- As you inhale, lift your heart up away from the floor and pull it forward slightly; as you exhale soften your upper back and then press back from the heart, taking your hips back.
- [If low back is rounded have your students take their feet wider, bend knees and lift their arm bones and belly up until low back flattens out. Pulling the upper thighs & sitsbones back will also help move the low back is in neutral (lordotic curve.)]
- Take feet as wide as mat, bend knees and walk your hands back to a forward bend. Bend the knees to touch the floor and then widen your knees out to allow your pelvis to tip forward and “pour your torso” out toward the floor.
- Let go, shaking your head “yes and no,” releasing your shoulders like fall leaves falling to the ground. What is it that *you* need to let go of?
- Now, walk feet in hip-width apart, pointing straight ahead. Bend knees, sit back and look up. Take a breath and then raise your upper body into Chair pose.
- Shift weight to one foot and then the other, while flexing, pointing and rotating your foot/ankle. Do same with hands.
- Press through the feet to come to standing.

Mountain to Mountain Sequence from Mat 20 adding additional poses (Go through flow 2-3 times)

- Forward bend (same cue as downward dog for rounded low back).
- Right leg slides back to floor lunge, slide hands back, too, in line with the front heel fingers along the side of your front foot.
- Lift your belly and come up as high as you can on your fingertips.
- As you lift your belly, press out through your back foot and top of your head.
- Feel that center line that you are expanding out from and gradually twist around it, turning your belly, heart, shoulder, head and then eventually reaching your left hand to sky. Press out more through the feet to come up higher on the right finger tips and to reach the left hand high in the sky.
- Hands to the floor, step up and switch feet, coming into a lunge on the other side.
- Switch again with right leg back to floor lunge (heel up), then come up to standing lunge with hands on front thigh. Press your back leg’s inner thigh up, straightening the leg and then with gentle tail tuck lift your belly, arms, head and heart and arms into Warrior I.
- In Warrior I, firm and straighten the back leg and engage belly muscles. Then compare/contrast what happens if the back thigh goes limp or if we let our belly hang out. We must engage our core (low belly) and legs in order to rise.
- Repeat Warrior I on other side.
- Downward dog (repeating instructions from earlier if students are “sagging” with the upper body/arms or if they need to bend knees to flatten lower back more).
- Lift belly, press through your feet and come slowly forward to plank pose. Press out from feet and top of head. Now, bring knees to the floor and let your heart float to the earth like a fall leaf before you come into cobra.
- Cobra: Hands flat on floor under shoulders; legs and feet are close together pressing down and reaching back as heart and torso lifts up. Try it with no hands by just rooting your legs and pelvis down or with hands clasped behind back. Come down and rest. Compare/contrast with feet on and then off the floor. Push back to child, rest for a few breaths and then come up to all fours; then up and back to downward dog.

- Same sequence again, kicking your right leg forward to start in Warrior 1. Add elbow plank and then cobra.
- No Hand Cobra Lifts: On belly touch your fingertips to your ears. Root legs, look at floor and then lift your head and arms up away from the floor. While up, squeeze your lower tips of your shoulder blades together.
- Come up all 4s and then back to dog: turn your toes under, lift and straighten your arms and keep the front of your chest lifting as you take your legs and hips back into dog. In dog, float your head up so that your ears are the same height as your arms and soften your upper back. Pull your belly up to your midline and lengthen from fingertips to tail.

Roots

- Stand in mountain pose with feet hip-width apart and muscles activated.
- Keeping body firm, make a circle with your upper body and feel the edges and four corners of each foot.
- Close your eyes and continue your spiraling action.
- Can you feel your center? What are you circling around? What's important to you... At the center of your life?
- Now, gradually make your circling action smaller as you hug more and more into your center until the funneling action is more of an internal experience.
- Keeping this internal experience of center, gradually open your eyes and lock your focus on to a point on the floor or wall.

Tree Pose

- Stand with legs hugging together.
- Lift right foot and place on the inner left thigh, inner shin or alongside the ankles - whatever is accessible.
- Hug foot and left leg toward each other as you press your hands together by your heart.
- Now, take your waist back toward your spine as you extend your tailbone and standing leg down like a tree root.
- Use that support to take your arms up overhead.

Star Pose.

See description in *Yoga Calm for Children*.

Warrior 2

See description in *Yoga Calm for Children*.

Side Angle

- Wide stance as wide as your outstretched hands.
- Turn your right foot out 90 degrees and lightly rest your elbow on your front knee.
- Lift your belly back and press down into your feet as you take your top arm over your head
- Lengthening from your back leg out through the top of your head making one long straight line of energy.
- With the support of your legs and belly, soften your upper body and shine out into the world to share your gifts.

Wide-Legged Straddle Pose

- Feet as wide as your outstretched wrists, toes turned in, pigeon-toed.
- Energize your legs, hugging the muscles toward the bone.

- Hinge at the top of the thighs, take the inner thighs back, and with a gentle tail tuck lower down until you can touch your hands to the floor.
- If low back is rounded, bend knees and come up higher on your fingertips. Pull inner thighs back until low back is in neutral position.
- Press out through the feet to lengthen your spine.
- Draw strength from your roots, hugging into your core and then shine out, releasing your beautiful colored leaves

Squat

- Turn feet out duck-footed and as you sit back push your knees out to the side.
- If you can't release your feet to the floor, walk your hands forward and lean back with your hips (you can also put a blanket under your heels)
- If squatting does not feel good because of knee or back injuries, just have a seat on the floor and then lay on your back.

Strap Stretch

- Extend right leg up into the strap loop and left leg straight out and flat on floor with toes pointing straight up.
- Flex and point your toes in both legs and feel the muscles that run from your feet to your knees. Spread and cock your toes toward your knees to feel the muscles in the front of the legs hug in toward the bone.
- Then gently press your thighs and heels slightly away from your head to feel the muscles in the leg (hamstrings) activate and hug in.
- With the muscles hugging in, stretch your legs straight, lengthening your bones out from the muscles.
- Work at a level where you can breathe in a relaxed manner.
- Breathe in and gently hug muscles in, then exhale and extend out through the four corners of your feet.

Gentle Floor Twists

- Same instructions in earlier lesson plans.

Resting Pose

- Notice where you make contact with the earth.
- As you exhale feel the weight of your body sinking into those points of contact.
- With each exhale release any places where you might be holding tension in your body: perhaps your hips, jaw, hands, heart... Even if it is just for a few seconds, see if you can completely relax.
- As you let go, notice how you feel the earth more -- how the earth supports you.
- Rest in that support.