

BLOCK PARTY YOGA CLASS

A great way to change up a typical class or have as a special event. Everyone will need at least one block. People often bring two so they can share. And perhaps have some special lights to make it more of a “party” feel. Select some fun party music for class.

Items: String lights around floor edge | Party Yoga Playlist | Essential Oil: Ylang Ylang (playfulness) or Myrrh (nurtured) | At least one block per person

Theme: Fun & Playfulness or Nurtured & Supported

Mat Set Up: Be sure to line mats up in grid pattern. Front edge of mats across and mats directly behind. Let your students know they will be moving around a bit today and maybe even needing to come off of their mats during parts of the practice

QUOTES TO USE IN CLASS:

Encourage, lift and strengthen one another. For the positive energy spread to one will be felt by us all. For we are connected, one and all. -Deborah Day

If you want to support others you have to stay upright yourself. -Peter Heg

To keep a lamp burning we have to keep putting oil in it. -Mother Teresa

Kind words can be short and easy to speak, but their echoes are truly endless. -Mother Teresa

“The main difference between play and playfulness is that play is an activity, while playfulness is an attitude.” — Miguel Sicart, *Play Matters*

Age doesn't make a difference in terms of how playful or fun life can be. - Brit Morin

“ Being playful naturally liberates the mind, opens the heart, and lifts the spirit. Take time to play today.” - Debra L. Reble

“There is very little if any ego allowed in playfulness.” - Meredith Sinclair

“Choose love and don't let fear turn you away from your playful heart’ - Jim Carrey

“Remain playful. The moment we take ourselves too seriously, is the moment we get lost in the sorry of the mind. The self is fluid and flowing, it has nothing to prove.” - Nicole Kavner Miller

“In every job that must be done there is an element of fun.” - Mary Poppins

BLOCK PARTY YOGA CLASS SEQUENCE

Standing Mountain

Forward Fold with Block Close By

Reverse Forward Fold with Block In Hand

Chair Flow with Block Between Thighs - not on knees

Down Dog with Blocks Between Thighs/ Flow to Plank

Standing Side Lateral With Block Better Hands

Chest Expansion with Block Behind Back

Sun Salutation

Warrior 1 with Block in Left Hand Out to Side - Side Neighbor Press Hand into Block

Warrior 2 with Block in Front Hand Out to Front - Back Neighbor Press Hand into Block

Reverse Warrior with Block in Hand to Sky

Triangle with Block Under Front Hand

Half Moon

Down Dog with Blocks Between Thighs/ Flow to Plank/ Side Plank

Repeat W1, W2, RW, Triangle, Half Moon Series on other side

Down Dog with Blocks Between Thighs/ Flow to Plank/ Side Plank

Standing Straddle Splits - Block toss to person behind. Have all block all the way down the row. Then pass blocks back. Get your block back. :)

Eagle with Block for Foot Balance

Childs Pose with Block Under Forehead - rock head back and fourth for 3rd eye massage/focus

Bridge with Block Between Thighs - Extend 1 leg

Supported Bridge with Block Under Hips - 3 heights to a block for different levels of support

Shavasana - Use 2 blocks - one under each knee if there are enough

Guided Meditation for [Unplugging Your Mind](#) Book