



Class Title: Green Little Yogi Warriors

Teacher Name: Candice Braun

Class Day: Monday

Class Size: 15

Class Supply Fee: \$15

Class Fee: \$96

Ages or color group served: Green

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: NA

Class Description:

Skills Targeted: focus, coordination, self-regulation, resilience, mindfulness

This class will be aimed towards helping your children better handle what is expected of them in a classroom by teaching them how to self-regulate and self-manage their energy inside, as well as outside, the classroom.

For a lot of students, sitting quietly yet attentively at a table for class is not exactly easy at first. Practicing yoga will allow the children to increase their endurance of sitting still and quietly in much more achievable time durations. Instead of being expected to go a full hour we will start practicing in minute increments, allowing us to reward ourselves with movement when we meet new milestones of stillness. The class will also offer the learning of yoga positions, and what those particular positions serve best for. Did we eat too much at lunch? There's a position for that. Does our body feel like currents are running through it? There's a position for that. Pairing positions, stillness, and calming breathing techniques will go a long way in helping to teach yoga students self-regulation, focus, and more to give them the confidence to walk into a classroom ready for learning.



However, the ability to successfully self-manage energy during learning starts well before they ever enter an actual classroom. This is why this class will also cover kid-friendly workout moves such as frog jumps, crab walks, elephant stomps, and more. We will be discussing techniques and strategies we can use OUTside the classroom to get ready for success INSide the classroom.

Class will start out with some warm-up exercises followed by fun workout games. Then, we will move onto our yoga mats for some new yoga positions, yoga games, and some stillness training. We will frequently transition between the two components as necessary. We will close with some statue sitting and positive and calming affirmations. (Ex., "How I rush rush rush! Thoughts flutter and dart like birds. Slow down, thoughts. Come quietly with me. This is time to breathe and be."

*Please note: Your student will need their own yoga mat. I recommend looking for a yoga mat specifically for kids as they come with more cushion for their still growing bones.

Week 1:

Weekly Pose Highlight: Mountain

(Good for grounding them for the rest of their day)

Week 2:

Weekly Pose Highlight: Cat / Cow

(Good for flossing the spine in all directions)

Week 3:

Weekly Pose Highlight: Cobra

(Great for back stretches after a lot of table sitting!)

Week 4:

Weekly Pose Highlight: Camel

(Deep, open breathing)

Week 5:

Weekly Pose Highlight: Dog

(Wakes up key organs)



Week 6:

Weekly Pose Highlight: Hedge Hog
(Restorative, releasing pose for neck & back)

Week 7:

Weekly Pose Highlight: Frog
(To keep those knees springy!)

Week 8:

Weekly Pose Highlight: Boat
(For a strong core that can handle any trouble waters)

Week 9:

Weekly Pose Highlight: Butterfly
(Hip opener, improved posture)

Week 10:

Weekly Pose Highlight: Clam
(To help go inward and tune the world out)

Week 11:

Weekly Pose Highlight: Cloud
(Cause who doesn't like to just lay there and do nothing)

Week 12:

Weekly Pose Highlight: Crescent Moon
(For strong core, sides, knees, and ankles)