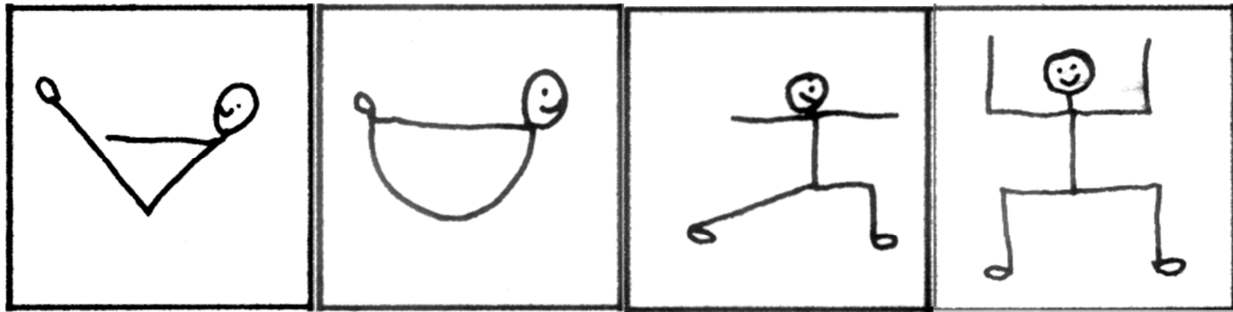




Theme:	Summer Olympics: Go for the Gold!
Ages:	3-12
Materials:	Music
Welcome: (3 minutes)	What are some of your favorite Olympic sports? Why?
Breath Work: (2 minutes)	Floating Feather: Olympic athletes need to be in control of their breath to help them compete at their top level. Take turns with a partner lying down on a yoga mat. Try to keep the feather afloat with your breath.
Sun Salutation: (3 minutes)	Sun A: Dive into this sun salutation with your arms outstretched as if you are part of the Olympic high diving team.
Active Movement: (5 minutes)	Olympic Boot Camp: Get your Olympic body strong by doing a series of exercises. Everyone takes a turn picking and leading 10 reps of various exercises such as jumping jacks, hill climbers, push-ups, or squat jumps.
Theme Poses: (5-10 minutes)	<ul style="list-style-type: none"> • Archery (Warrior 2): Stand strong in this pose and draw your back arm forward and back as if pulling and releasing your bow. • Rowing (Boat Pose): Can you row your arms back and forth as if rowing a boat. • Arrow Pose (Side Plank with top leg bent and resting on calf) • Bow Pose (Bow Pose): This is the perfect pose to combine with Arrow Pose. Can you rock back and forth? • Cycling: Do some bicycle crunches while lying on your back. Can you make your bike go faster and slower? • Taekwondo (Goddess Pose): Can you punch your arms back and forth with strength as if you are breaking a board? • Gymnastics (Star Pose Jumps: With Arms Outstretched): How high can you jump and stick that landing?
Game: (10 minutes)	Mini Olympics: Set up a short obstacle course with cones, hoops, or anything else you have on hand. Put a yoga pose card between each of the obstacles for the



	students to perform. Have each student take a turn competing in the Mini Olympics. Time them if you would like.
Partner/Group Challenge Poses: (10 minutes) OR Inversion/Balance: (10 minutes)	Synchronized Swimming: Place the yoga mats in a line. Lay out a sequence of yoga pose cards in front of each mat. Everyone must perform the poses at the same time. Practice holding each pose for three breaths. This is more challenging than it sounds!
Community Closing: (2 minutes)	Have each student showcase a favorite pose and announce if they won a Gold Medal by doing the best they can.
Stillness and Savasana: (5 minutes)	Rest and relax your Olympic body on the mat. You deserve it!



Boat Pose

Bow Pose

Warrior 2

Goddess Pose