



<b>Theme:</b>	<b>Princess and the Beast</b>
<b>Ages:</b>	4-12
<b>Breath Work:</b>	<b>Beast Breath:</b> Breathe in through your nose. Exhale strongly through your open mouth.
<b>Sun Salutation:</b>	On the inhale, stretch your arms up overhead and make yourself seem really big and towering as if you are the Beast. Then on your exhale dive forward and bring your hands by your feet. Repeat 3-5 times.
<b>Theme Poses:</b>	<p><b>Princess:</b> Dancer Pose</p> <p><b>Teapot:</b> Triangle Pose</p> <p><b>Candle:</b> Candlestick Pose</p> <p><b>Clock:</b> Duck Pose: Move your head from right to left</p> <p><b>Villain:</b> Warrior 2 Pose: Face your palm toward yourself as if looking admiringly in the mirror.</p>
<b>Game:</b>	<b>Servants in the Castle:</b> Choose one person to be the Master. When the Master has their back turned all of the castle servants dance and move around. When the Master turns back around, everyone must freeze. If the Master sees a servant moving, he or she becomes the next Master.
<b>Partner/Group Challenge Poses:</b>	<b>Castle Pose:</b> Partners work together to create a castle. Stand facing one another with palms touching and outstretched overhead. Each partner takes a step back while maintaining their palms touching. See how many times you can take a step back.
<b>Community Closing:</b>	<b>Circle Showcase:</b> Everyone shows a favorite pose what they learned.
<b>Stillness and Savasana:</b>	Slowly lower yourself onto your back as if you are a rose slowly losing its petals. Remain in this resting position as still and quiet as possible.