



Theme:	Springtime Yoga Transformations
Ages:	3-12
Materials:	Spring yoga poses (see below) written on slips of paper
Welcome: (3 minutes)	What kind of changes happen outside in Spring? How do some animals change?
Breath Work: (2 minutes)	Cocoon Breath: Pretend you are a caterpillar snug in a cocoon. Take deep long breaths in and out as you transform into a butterfly.
Sun Salutation: (3 minutes)	You are a flower reaching as high as you can toward the sun. Next dive forward into a forward fold and then stretch up again even taller.
Active Movement: (5 minutes)	Have the children be little seeds in the ground. Sprinkle them with water and watch them grow, sometimes very slowly and other times very quickly.
Theme Poses: (5-10 minutes)	<p>Caterpillar to Butterfly:</p> <ol style="list-style-type: none"> 1. Begin in Cobra Pose. Pretend to be a hungry caterpillar, lifting your head to munch on a leaf. 2. Move into Plank Pose. Now you are the caterpillar on the branch, getting ready to form a cocoon. 3. Lower yourself into Child's Pose and become a safe little cocoon. Be still. Breathe deeply and get ready for an exciting change to happen. 4. Finally it is time to become a butterfly! Sit in Butterfly Pose and flutter your wings up and down. <p>Egg to Tadpole to Frog</p> <ol style="list-style-type: none"> 1. Begin in Child's Pose as that represents the tiny egg. 2. Slowly inch onto your stomach into Superman Pose and move your arms and legs up and down as if you are a tadpole swimming.

	<p>3. Sit in Frog Pose (Malasana) with your feet on the floor and your legs in a deep squat. Try out your new frog legs as you hop around on your mat.</p> <p>Seed to Flower</p> <p>1. Begin in Child's Pose and pretend to be a tiny seed in the ground.</p> <p>2. Lift one arm as you imagine a tiny stem beginning to poke through the earth.</p> <p>3. Sit up tall in Lotus Pose with your legs crossed. Raise your arms above your head as if they are petals facing the sun. Can you sway in the breeze?</p>
Game: (10 minutes)	Springtime Yoga Charades: Have many different spring words written on pieces of paper (ex: tree, flower, bird, rain, sun, frog, caterpillar, bunny, rainbow...) Each student takes a turn drawing one and acting it out with yoga poses for the rest of the class to guess.
Partner/Group Challenge Poses: (10 minutes) OR Inversion/Balance: (10 minutes)	Group Tree: Stand in a circle in Tree Pose with arms resting on one another's shoulders. See how you are stronger by working together.
Community Closing: (2 minutes)	Have each student showcase in the middle of the circle a Spring Pose or transformation that we practiced in class or one that they have made up on their own.
Stillness and Savasana: (5 minutes)	Pretend you are a tiny seed in the ground. Lie as still as you can while waiting to grow.