



Jump Into Fall

Kids Yoga
Lesson Plan



GOGO
Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN

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Sara J. Weis at Go Go Yoga for Kids



Welcome to Go Go Yoga for Kids!

Hello!

Let it be easy. With **Go Go Yoga for Kids**, I wanted to make it simple for you to introduce yoga and mindfulness to children.

Go Go Yoga for Kids was created because of a need. I know how busy you are, and I want you to make the most of your time. Let me save you hours of planning and guesswork and instead show you what truly works in teaching yoga to children.

When I first started teaching yoga to children, I would spend hours and hours trying to create the most engaging, active and memorable lessons plans. These lessons would revolve around kid-friendly themes, poses, and games that would get kids' bodies moving and pique their interest in yoga.

We became superheroes, jungle animals, and ninjas while learning about yoga and having fun. The kids loved the classes and were able to show and tell what they have learned. As a classroom teacher, I know the retention part is incredibly important when teaching children and I was thrilled with what they were learning and doing.

Fast forward to the present day. After thousands of kids, yoga lessons, and classes, I can say with confidence that I truly do know what works for introducing and engaging kids through yoga. I am excited to share my knowledge so you will easily be able to empower the kids around you with all the benefits and fun that yoga can provide. Breathe deep and let it be even easier with the resources created by Go Go Yoga for Kids.

Our popular **Kids Yoga & Mindfulness Teacher Training** is our certified online teacher training which will fully prepare you to to teach yoga and mindfulness to children ages 3-12. This can be completed from the comfort of your time and space.

Get rid of the guesswork and stop wondering how to introduce children to yoga. You have now found what really works. From breathing exercises to poses and games, your kids will be truly engaged, stronger, and more mindful. Now let's have some fun introducing yoga to children!

All My Best,
Sara

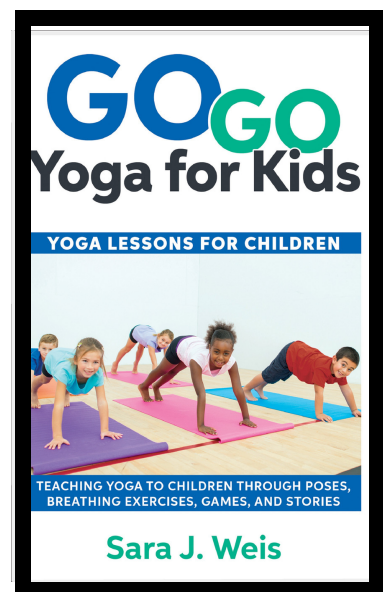
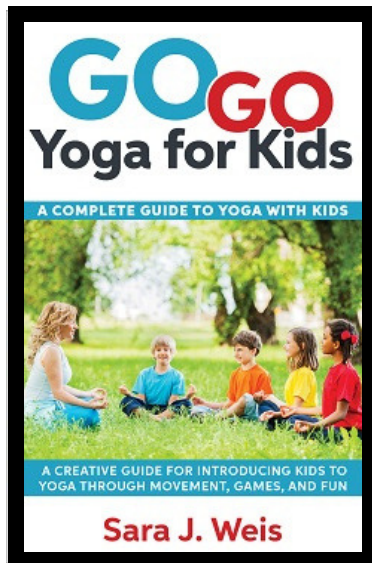
KIDS YOGA & *Mindfulness* **TEACHER TRAINING**

KIDS YOGA & Mindfulness TEACHER TRAINING



Theme:	Fall Fun Kids Yoga
Ages:	4-11
Materials:	Basket or plastic pumpkin to hold images of a leaf, basket, bat, pumpkin, scarecrow and spooky house.
Welcome:	What do you love about the Fall season? (pumpkins, apples, trick or treating).
Breath Work:	Students breathe in and out deeply as if taking in the crisp Fall air.
Sun Salutation:	Sun A
Active Movement:	Pumpkin Rolls: Students hug their knees in tight and roll up and down on their mat.
Theme Poses:	To introduce the yoga poses, I have children take turns drawing out a picture from the basket. This creates anticipation for the kids to learn and try the poses. Leaf: Star Pose Apple Basket: Boat Pose Bat: Warrior 3 Pumpkin: Child's Pose Scarecrow: Tree Pose with arms outstretched as if scarecrow arms Spooky House: Down Dog
Game:	Wind Through the Trees: Half of the students stand in tree pose near one another as if they are a forest. The other half of the students move in and out of the trees as if they are the wind. The "wind" is not allowed to touch the "trees." The trees need to try to keep their balance.
Partner/Group Challenge Poses:	Bat Cave: The students make a down dog tunnel. One student needs to crawl through the tunnel as if he or she is a bat. Each student takes a turn as the bat.
Community Closing:	Circle Showcase: Everyone takes a moment and shows a favorite pose they have learned.
Stillness and Savasana:	Students sit up tall in Staff Pose with legs out in front. Lower very slowly onto their backs as if they are a leaf falling to the ground.

CLICK ON IMAGE TO LEARN MORE



Best-selling author, Sara J. Weis, is a creative and passionate teacher who has inspired children for over twenty years. In *Go Go Yoga for Kids* Sara has combined her experience as a school teacher and certified kid and adult yoga instructor to introduce children to yoga in engaging and child-friendly ways. She is passionate about helping children receive the many mental and physical benefits yoga can provide them throughout their lives.

Her popular resources and teacher training has been implemented in over 100 gyms and health clubs across the US. She has taught thousands of adults all over the world in her online courses including her master class titled the **Kids Yoga & Mindfulness Teacher Training**.

Learn more at GoGoYogaKids.com

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KIDS YOGA LESSON PLAN BUNDLE



- Click on image above to learn more

Everything available in the bundle:

- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through Yoga
- PLUS: Tips for Teaching Yoga to Children

Everything for \$17

Learn more at GoGoYogaKids.com/bundle

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