

Go Go Yoga Kids Winter Holiday Lesson Plan

Theme:	Winter Holiday Yoga
Ages:	3-11
Welcome:	What are your favorite things about the winter holidays?
Breath Work:	It's cold outside! Time to warm up your body from the inside. Sit cross-legged and breathe in deeply through your nose, exhale through your open mouth as if you are trying to see your breath outside on a cold day.
Sun Salutation:	Snowflake Salutation: Stand tall, breathe in and reach your arms above your head as if you are trying to touch the ceiling. On the exhale forward fold as if you are a snowflake falling to the ground. Do this several times while breathing in and out.
Active Movement:	Snowball: This is fun to do on carpet, yoga mat or outside in the snow. Bring your knees to chest and rock and roll.
Theme Poses:	Gingerbread Man: Star Pose Ornament: Triangle Pose Holiday Tree: Tree Pose Sleigh: Boat Pose Candy Cane: Mountain Pose with arms curved to the side
Stillness and Savasana:	Icicle Melt : Sitting tall with legs extended out in front, slowly melt your body onto the ground as if you are an icicle melting. Close your eyes and be still and mindful.