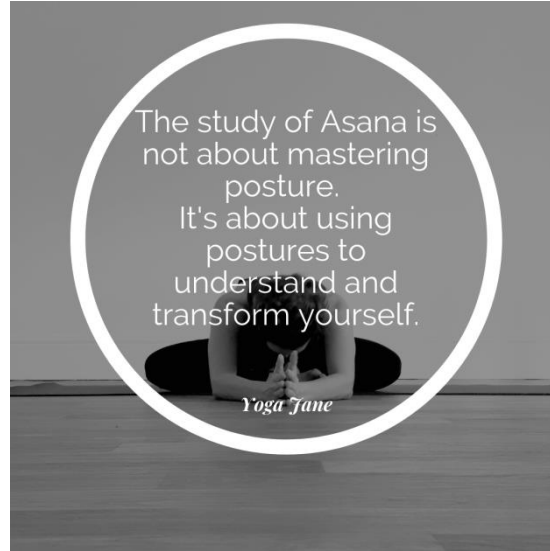




Children's YTTC Module 3: Asana- Sequences



Yoga Asana

Below is a list of asana poses which have a variety of creative names to make yoga more accessible for children. It is important to enhance the fact that every yoga pose can have as many names as they like, for example, downward dog could also look like a mountain or a pyramid or a camel. Let the children invent their own names and, once they have a basic knowledge of yoga, allow them to invent their own poses.

Sanskrit

It is not essential that we use Sanskrit in our classes; however, some children may find the Sanskrit names fascinating, so adding them in here and there is great, as with any history, philosophy and traditional knowledge of yoga.

Alignment

Children's yoga classes go at a much faster pace than adult classes. A child of 6 is not going to have the focus to do the whole Ashtanga primary series and a child of 12 is not going to find breaking down a pose into a Iyengar style class very interesting. Therefore a more Vinyasa or Hatha style approach is suggested.

When we first teach a particular pose, it is necessary that the children can follow clearly and establish correct alignment from the start. However, if too much time is spent on a pose, then the children do tend to lose interest. I suggest that you try your best to get correct alignment with all of the students; however, if some children aren't getting it and the focus is drifting off, then move on. Yoga teaches body awareness and the children will know if something doesn't feel right for their body.



Children's YTTC Module 3: Asana- Sequences

Cues and Instructions

Our cues and instructions need to be simple, clear, concise and straight to the point. Listen to the words you are saying? Can you be impeccable with your word? Each word that you say, that isn't needed, is a waste of your energy. What words are needed and what words are just fillers? Use basic language so that children can comprehend thoroughly.

Demonstration

A fundamental rule of teaching yoga to a new group of children is to demonstrate everything. Children like to see the shape, so that they can imitate it. After a while, they will start to remember the poses, so will be able to just call them out.

During a yoga story, it's important to demonstrate all of the poses to keep their attention and sustain the flow of the story.

Adjustments

Hands on adjustments; a tricky subject with children. It purely depends on the environment that you're teaching, age, your relationship with the children and any establishment policies that are in place.

Children over the age of 7 tend to be more self-conscious about their bodies, so touching them may make them feel uncomfortable. This is when verbal cues can be a more valuable tool for bringing children into correct alignment.

However, just to reiterate, perfect alignment is not essential for children's yoga as their bodies are constantly changing and it helps them gain body awareness if something doesn't feel right,

Voice

It's as important to have a loud, clear, exciting voice as it is to have a calm, soothing voice when we teach children's yoga. The teacher needs to gauge the energy of the group and decide which voice is needed. During the warm up activities and telling stories a fun, excited upbeat voice is needed. During Savasana, a calm, relaxing voice is needed.

Presence

YOU DON'T ALWAYS NEED
TO KNOW THE RIGHT
WORDS TO SAY.
BE THE LIGHT.
YOUR PRESENCE ALONE
WILL DO THE WORK.

Your REAL power is your PRESENCE. You don't even have to say much, just walk into a room, holding the energy of the solution, of light, of love. Your presence can eradicate darkness and elevate other people. That's pretty cool! You have the power!





WELLBEING
Bees

Children's YTTC Module 3: Asana- Sequences

Asana



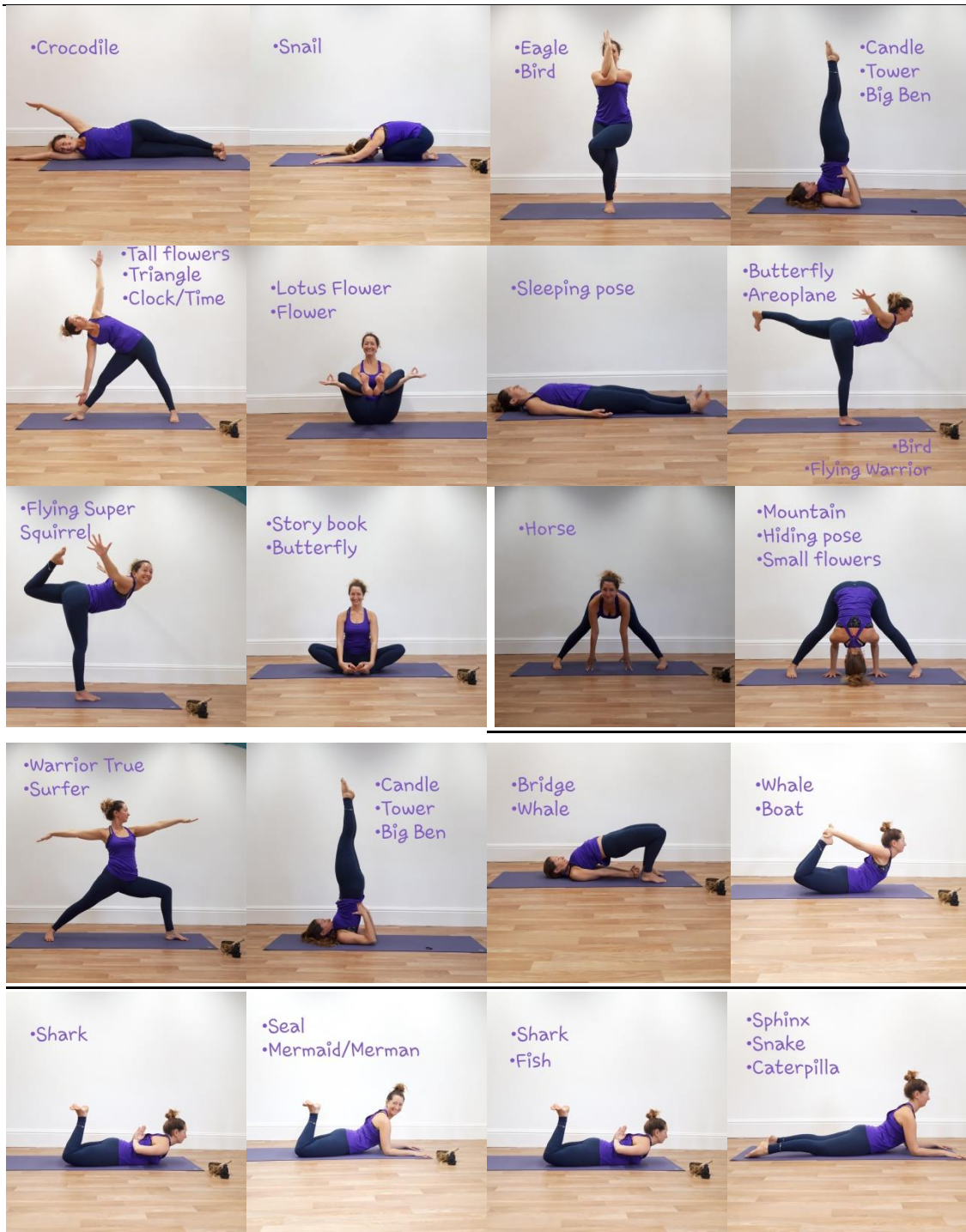


Children's YTTC Module 3: Asana- Sequences



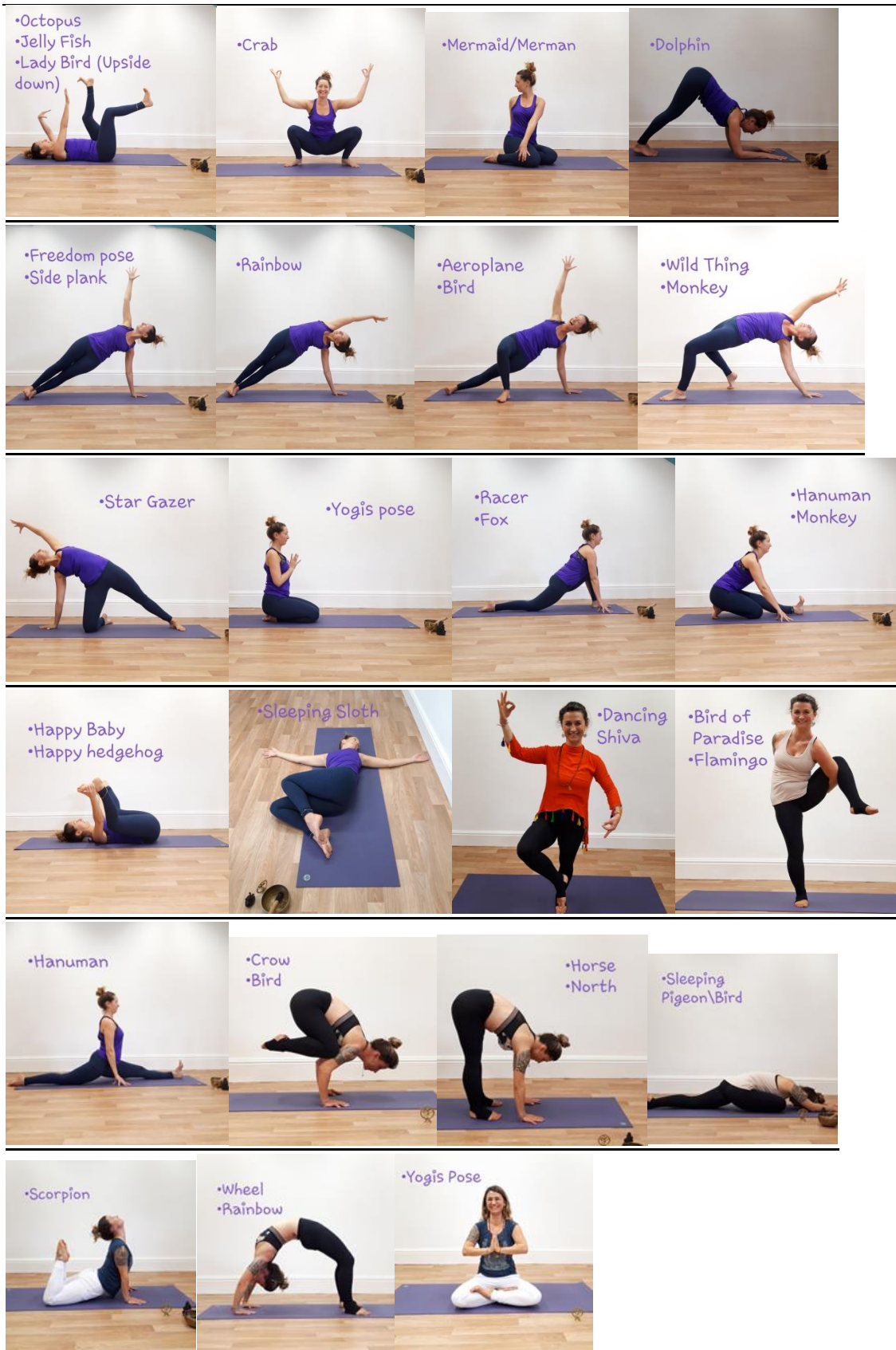


Children's YTTC Module 3: Asana- Sequences





Children's YTTC Module 3: Asana- Sequences





Children's YTTC Module 3: Asana- Sequences

Moon Sequence





Children's YTTC Module 3: Asana- Sequences

Sun Salutation Sequence



"In the morning the sun rises"

Stretch the arms up above the head, palms together, tuck in the tummy and bottom so you are in a straight line

BREATHE IN



'And at night, the sun sets"

Standing forward bend. Bend from the hips, bring the hands to the shins, toes or floor, legs straight

BREATHE OUT



"The cows stand, happily in the fields"

Straight arms, back and legs

BREATHE IN



'The frogs relax in the pond"

Frog pose, squat towards the floor, bend the knees, head up

BREATHE OUT



"The racer begins his race"

Racer pose, bring the right leg back to the ground behind you. Ensure the left knee is in line with the left ankle. Stretch the arms up above the head

BREATHE IN



"He races over planks of wood" Plank pose, strong arms, fingers pointing forwards, tummy tucked in, push the heels back-BREATHE OUT



Children's YTTC Module 3: Asana- Sequences



'He defeats the cobra...HIISSSS!'

Cobra pose or upwards facing dog. Lift the chest up to the sky, feet together, elbows in towards the side of the body, shoulder down, away from the ears
BREATHE IN



"He runs over the hill"

Downward dog pose, lift the hips up to the sky, push the heels down to the ground, spread the fingers out wide.
BREATHE OUT



'To see his friend Mr. Giraffe'

3 legged dog pose. Lift the right leg up to the sky
BREATHE IN



"Then he races home"

Racer pose, Bring the right leg forward,
BREATHE OUT
Stretch the arms up
BREATHE IN



"At sunset"

Standing forward bend, bend from the hips, touch your shins, toes or floor
BREATHE OUT



'Waiting for the beautiful sunrise'

Extended mountain pose, stretch the arms up to the sky, tuck in the tummy and bottom.
BREATHE IN
Bring palms down to your heart AND SMILE!
BREATHE OUT

Notes- Remember to inhale and exhale through the nose and link the movements to the breath.

Be creative and ask the children to add new poses to the story. Have fun!



Children's YTTC Module 3: Asana- Sequences

Namaste Sequence –The perfect beginning to a yoga class

Sitting crossed legged

Namaste to the sun- Stretch arms around and up to the sky, bring palms together

Namaste to the Earth- Bow down to the ground

Namaste to the moon- Reach one arm up to the sky and stretch over the side

Namaste to the twinkly stars- Reach one arm up to the sky and stretch to the other side, twinkle fingers

Namaste to the wind- Floats arms in front

Namaste to everyone- hands in prayer at heart

Nursery Rhythms

For younger children, especially toddlers, Nursery rhythms can be a great way to engage their attention, whilst singing along, they can perform the collating yoga poses

Row, row, row your boat

Perfect for toddlers as it only has a few poses. Can be done in partners with a partner boat pose or add any verse and make it your own?

Row, row, row your boat

Gently down the stream

Merrily, merrily, merrily, merrily

Life is but a dream

Row, row, row your boat

Gently up the creek If you see a little mouse

Don't forget to squeak!

Row, row, row your boat

Gently down the stream If you see a crocodile

Don't forget to scream!

Row, row, row your boat

Gently to the shore

If you see a lion

Don't forget to roar!



Children's YTTC Module 3: Asana- Sequences

Roly poly, roly poly, roly poly, (lying down, roll up and down length of the mat)

Up, up, up (hands up)
Roly poly, roly poly, roly poly,
Down, down, down (hands down)
Roly poly, roly poly, roly poly,
Clap, clap, clap (clap hands)
Roly poly, roly poly, roly poly,
Hands behind your back (hands behind your back)
OR Jump to the top of your mat!

Can you make up some of your own Nursery Rhyme? Why not use the same tune and add your own lyrics and pose like this one-

Animal chase –To the tune of '*The farmers in his den*'

The **cat** chases the **mouse** X2
E I addy oh
The cat chase the mouse

The **dog** chase the **cat** X2
E I addy Oh
The dog chase the cat

The **squirrel** chase the **dog** X2
E I addy Oh
The squirrel chases the dog

The **squirrel** turns into **super squirrel** X2
E I addy Oh
The squirrel turns into super squirrel

Super squirrel runs over the **hill** (Down dog) X2
E I addy Oh
Super squirrel runs over the hill

At the bottom of the **hill** is a **cobra** X2
E I addy Oh
At the bottom of the hill is a cobra

The **cobra** eats the **mouse** X2
E I addy Oh
The cobra eats the mouse
