

THE LION'S ROAR & THE LION'S REST: STRETCHING, BREATHING, AND YOGA FOR STUDENTS



In our one-hour class, we will learn the basic principles of yoga, stretching, and breathing.

Warming up the voice!

We will start with introductions – each student says their names (roar or whisper), others repeat.

Let's start with a STORY:

This is the animal & earth story of the noisy **ROAR** and quiet **REST** of the animals on the earth. Today we will grow INTO these special creatures.

All of this growing starts by using our breath.

We will move with our bodies.

We will expand with our voices.

Each of the creatures will ROAR

&

Each of the creatures will REST.

EXTRA HELPING HANDS: Flash Cards

Using accompanying flash cards, place the cards in a line with students in two groups facing each other.

The instructor is in the middle of the room. OR, create a circle of cards so that they are in your view.

Arrange the students in a circle around you, facing you in the center to begin.

You will improvise a story of the sky (take deep breath), the land (bend over to touch the ground), the water look over head and use fingers to emulate rain ---- We are creating a new world together.

Using each card, we will create the yoga posture also called yoga ASANA. Each of the beautiful creatures can be created using the practice of YOGA – or if you want to improvise, the animals can be created by the students.

Yoga *may* seem like stretching exercises but we will also see that yoga starts and ends with BREATHING as a way to create all of our animal shapes.

ACTION:

- First we are going to start with the most important thing: BREATHING!
- Deep Breaths In + Deep Breaths Out. Let's try it. Counting together INHALE 1, 2, 3, 4. EXHALE 1, 2, 3, 4.**
- Now, let's find the shape & the sound of these creatures, starting with the SUN.
SUN SALUTATIONS! Hi Sun!
- Starting with the SUN – let's ROAR (what does a sun sound like? **sizzle**) and REST (how does the sun sleep? **whisper snore**)

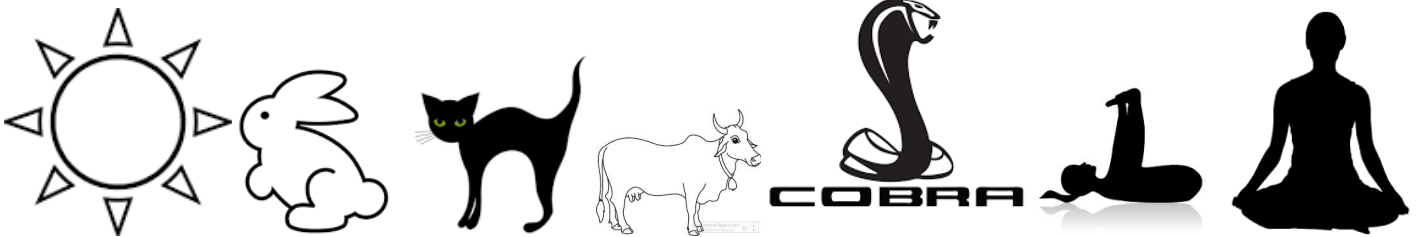
Continue onto the animal cards. (See pages 2 and 4)

ANIMAL FLASH CARDS

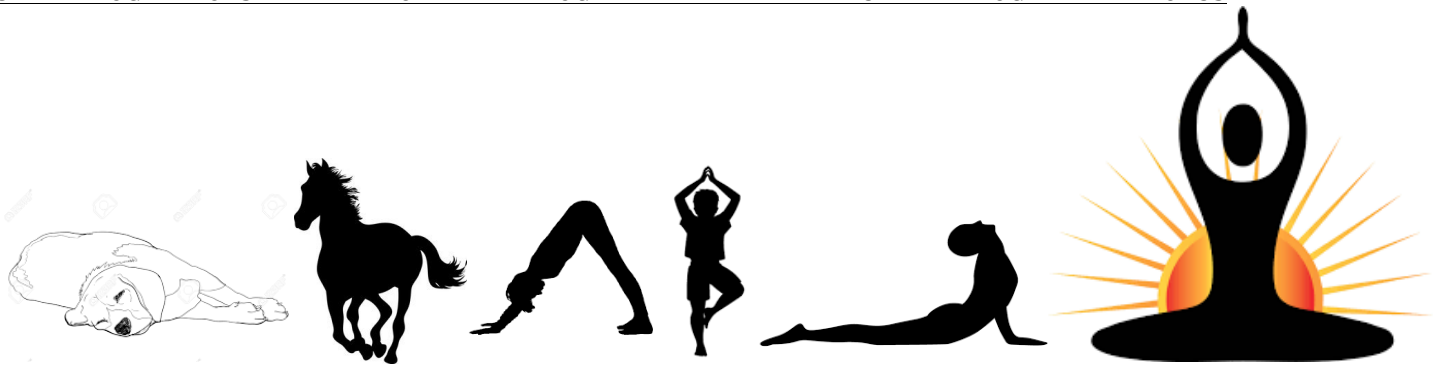
Here are sample cards. (Descriptions attached on page 4)

Welcome all modifications.
Most important: INHALE/EXHALE!

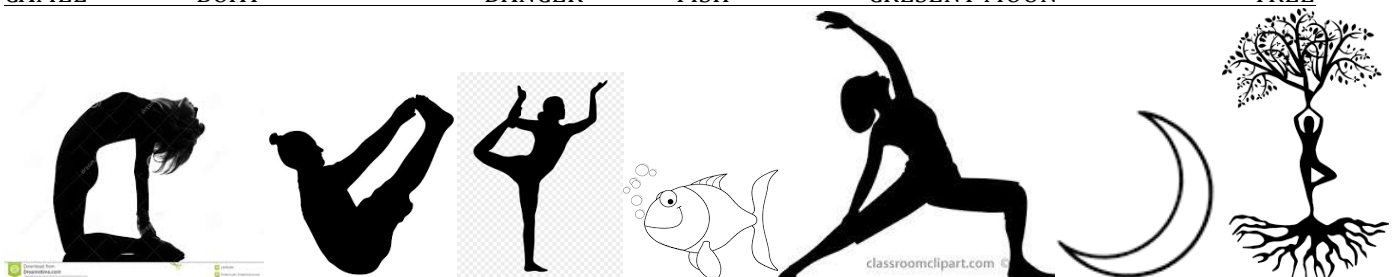
SUN RABBIT CAT COW COBRA HAPPY BABY LOTUS.BUTTERFLY



SLEEPY DOG HORSE DOWNWARD DOG TREE UPWARD DOG LOTUS



CAMEL BOAT DANCER FISH CRESCENT MOON TREE



Bringing the class to a close with REST POSES:

After building a story together that combines animals with both the ROAR and the REST, we try (2) final **PEOPLE REST POSES:**

1. We call the final two poses: **PEOPLE REST POSES**

a. **People Use the Chair** pose

b. **People Deep Sleep** pose.

c. These poses are **RESTING POSES** – no sound. Boring chair, boring sleep poses! Chilling out poses!

For our last minute together, we are going to try to **DEEP SLEEP SNORE** – even if we are pretending to sleep!

First, we will **DEEP SLEEP/SNORE**. Can you count TEN SNORES?

Then, the last one: **SILENT SLEEP**: Can you count to TEN in SILENCE?

This is called SAVASANA. Deep Sleep Pose.

END OF CLASS

The class ends with everyone rolling to their sides after sleep. We all crawl around the room, slowly waking up.

Crawl to the other side of the room as the animal of their choice – in a whisper using their voice i.e.: Meow, good night!

FINALLY:

We slowly stand up, and give a big bow to each other.

THEN:

All together, hands up overhead, we roar: **“YOGI ROAR!”**

THEN:

All together, hands down by our sides, we whisper **“YOGI REST!”**

QUICK CHEAT SHEET re: ANIMAL POSTURES:

SUN: INHALE: hands over head, look to your hands **EXHALE:** hands come down to sides

RABBIT: INHALE: sitting on your heels, sit up tall **EXHALE:** drop head to knees, raise up backside

CAT: INHALE: on all fours **EXHALE:** arch back to look like Halloween kitty

COW: INHALE: on all fours **EXHALE:** arch to a saggy back

COBRA: INHALE: on tummy with legs behind you **EXHALE:** place hands under armpits and press up with head, look straight ahead

HAPPY BABY: INHALE: on your back **EXHALE:** lift legs and hold feet in hands, legs bent. roll around

LOTUS.BUTTERFLY INHALE: sitting with feet together or legs crossed **EXHALE:** same position, staying tall

CAMEL: INHALE: on knees **EXHALE:** arch back to hold heels

BOAT: INHALE: sitting **EXHALE:** extend legs, hold legs count of five

DANCER: INHALE: standing **EXHALE:** raise one leg behind, grasp foot

FISH: INHALE: sitting **EXHALE:** extend legs and hands behind head, make fish face

CRESENT MOON: INHALE: warrior pose **EXHALE:** extend arms up and behind, half moon shape

TREE: INHALE: standing **EXHALE:** bring one leg to inner leg, count of five

PEOPLE CHAIR: INHALE: back-to-back with partner in sitting shape raise arms up **EXHALE:** bring arms down – count to five

PEOPLE SLEEP POSE: INHALE: laying on floor with eyes closed, palms up then **EXHALE.** Repeat sleeping pose up to five breaths.

All images are clip art web images.