

Hi all!

Happy Sunday! I hope you all had a lovely weekend. Here is the summary for Tuesday, November 27th. We are scheduled for December 4th and December 11th.

See you all on Tuesday!
Cary

St. Mark School
November 27, 2018
Mindfulness and Yoga

"Balance is not something you find. It's something you create." -Jana Kingsford

Appreciations

Thank you 3rd grade for your idea of sitting boy girl.
Thank you Kindergarten for your willingness to try two groups.
Thank you Paul for our conversation after school.

Where is My Balance

This lesson explores the idea of balance in body and mind. Through the boat pose ball pass game, students experience how they need to bring the physical and the mental together when they need to balance. We explore what it means to have balance in yoga and in our lives.

Kindergarten-5th grade

Opening: Singing Bowl

Connect: What does it feel like to be strong and balanced?

Breathe: Sama Vritti Breath translates to "same fluctuation", or cultivating an even inhale and even exhale (inhale 1,2,3,4, exhale 1,2,3,4)

Move: Boat Pose, Boat Pose Ball Pass, Seated Twist

Focus: I Am So Balanced

Relax: Tense and Let Go

Closing: Heart Center Send Out

With love and gratitude,

Cary

yogicary@gmail.com