

Hi all!

I hope you all had a restful Thanksgiving break! Here is the summary for Tuesday, November 20th. I'm looking forward to seeing you all on Tuesday!

With gratitude,
Cary

St. Mark School
November 20, 2018
Mindfulness and Yoga

"Doing anything with attention to how you feel is doing yoga". -Jean Couch

Appreciations

Thank you Mary Ann for practicing with 4th grade.
Thank you Tiffany for your help with Kindergarten.
Thank you Toni for creating time and space for mindfulness.

Feeling Powerful, Feeling Relaxed

This class is about exploring how different physical activities can generate different types of energetic experiences. We want to give children the opportunity to explore their own power and their capacity for a relaxing state of being. We begin to understand that we can embrace both of these aspects of ourselves.

Kindergarten-5th grade

Opening: Singing Bowl

Connect: Discussion about what it feels like to be strong and what it feels like to be relaxed

Breathe: Ha Kriya

Connect: Discussion about what a warrior is

Move: Warrior 1, Warrior 2, Warrior 3, Squat Pose, Flower Pose, Butterfly Pose

Focus: I Am So Strong and I Am So Relaxed

Relax: Tense and Let Go

Closing: Heart Center Send Out

With love and gratitude,
Cary

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