

BALANCE Workshop Facilitator's Reference Guide

Safety Tips

Discourage hyperextension of knees and neck. Soft knees and control of muscles is key.



Discourage



Encourage



Discourage



Encourage

Remember, it's yoga practice--not perfect. Students should be encouraged to participate to the best of their abilities. Yoga poses should not be forced and should never hurt.

Lesson 1: Peace

Mudra: Anjali Mudra



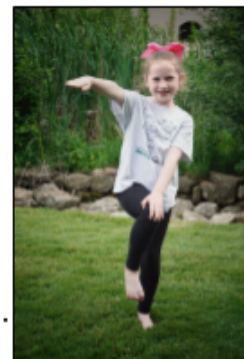
Mantra: I know I can choose peace.
Repeat 3 times.

Breath Work:

Seated in easy pose, breathe in as you turn to the left and say, "I am..." breathe out as you turn to the right and say, "peace." *Repeat 3 times.*

Warm up:

Cross Crawl
Say a simple chant such as, "I practice peace."
Alternating opposite hand to opposite knee with each word.



Sequence

Rocking Sequence



Bound Angle



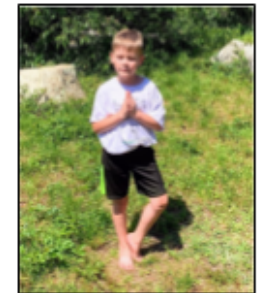
Candle Pose



Seated Forward Bend



Plow



Tree

Partner/Group Pose: Forest of Peace Trees



Lesson 2: Truthfulness

Mudra: Linga Mudra



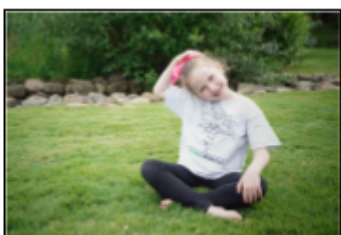
Mantra: In my mind, in my heart, & in my body, I know my truth. *Repeat 3 times.*

Breath Work: Modified Cat/Cow

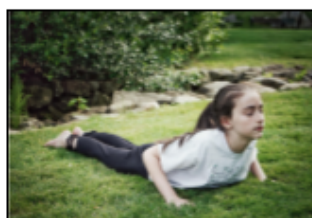


Warm up: Sun Salutation (see additional page)

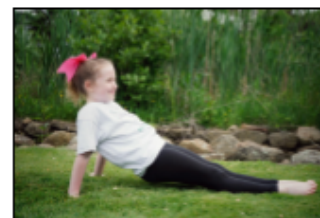
Sequence



Neck Release



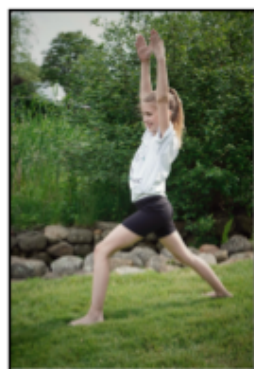
Baby Cobra



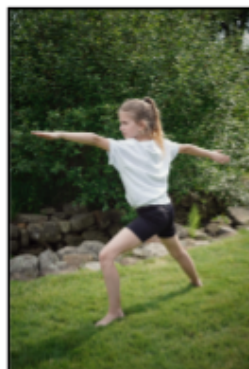
Reverse Plank



Candle



Warrior 1



Warrior 2



Reverse Warrior

Partner/Group Pose: Mirror Warrior Poses

Lesson 3: Generosity

Mudra: Lotus Mudra



Mantra: In my mind, in my heart, & in my body, I know my truth. *Repeat 3 times.*

Breath Work: Cat/Cow

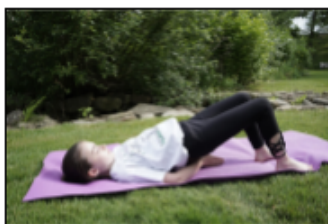


Warm up: Sun Salutation (see additional page)

Sequence



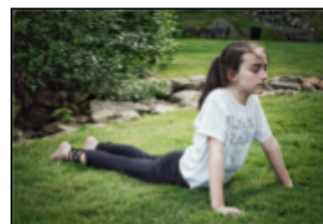
Half Camel



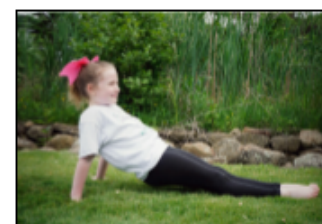
Bridge



Reverse Warrior



Upward Facing Dog



Reverse Plank



Bow



Partner/Group Pose: Half Gates w/ & w/out hands touching

Lesson 4: Moderation

Mudra: Prana Mudra



Mantra: I can balance my choices throughout my day. *Repeat 3 times.*

Breath Work: Cat/Cow



Warm up: Sun Salutation (see additional page)

Sequence



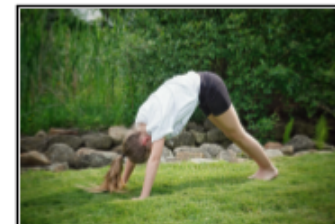
Tabletop



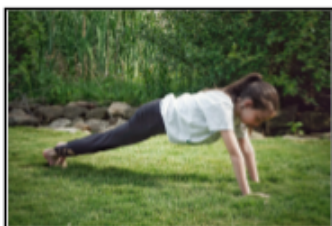
Table Balance



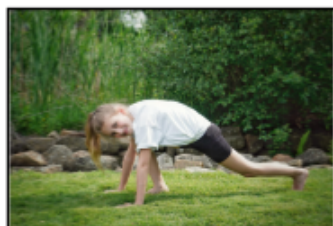
Side Plank



Downward Dog



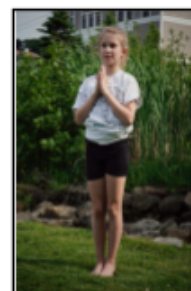
Plank



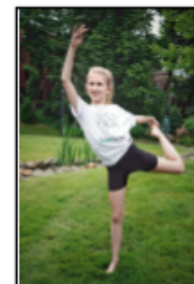
Runner's Lunge



Warrior 2



Mountain



Pose of the Dancer

Partner/Group Pose: Pose of the Dancer

Lesson 5: Cleanliness

Mudra: Sacral Chakra Mudra



Mantra: I honor my body and treat it with respect. *Repeat 3 times.*

Breath Work:

Seated in easy pose, breathe in as you turn to the left and breathe out as you turn to the right. Repeat several times.

Warm up: Sun Salutation (see additional page)

Sequence

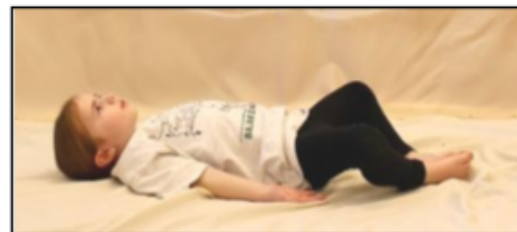
Standing Vinyasa (see additional page)



Twist (but with wide legs in a V)



Twists to detoxify, such as Triangle



Reclining Bound Angle



Partner/Group Pose: Bowing Mountain

Lesson 6: Contentment

Mudra: Jnana Mudra



Mantra: I can be happy with who I am in the moment. *Repeat 3 times.*

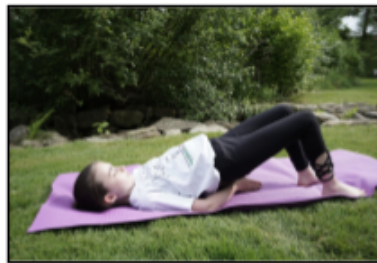
Breath Work: In Easy Pose, breathe in and lift arms overhead. Breathe out and push tired air out and away. Release anything that no longer serves you. *Repeat at least 3 times.*

Warm up: Sun Salutation (see additional page)

Sequence



Mountain/Star (Claim your space in Mountain. Be the star of your own day in Star. *Repeat several times.*)



Bridge



Triangle



Partner/Group Pose: Connected Side Lunge

Lesson 7: Self Study

Mudra: Shuni Mudra



Mantra: If I want something to change, I start with me. *Repeat 3 times.*

Breath Work: Deep belly breathing. Sitting in Easy Pose, drop your shoulders and let your jaw relax. Rest your hands on your belly and gently close your eyes. Breathe in slowly through your nose and count to five as you feel your belly expand. Remember to relax your shoulders as you hold onto the inhale for a moment. With your hands still on your belly, concentrate on exhaling all of the air out of your mouth as you count to six (the exhale should be longer than the inhale). *Repeat at least 3 times.*

Warm up: Sun Salutation (see additional page)

Sequence



- Student Inspired (have each child share a favorite pose). Encourage the use of breath with poses.
- Balance Poses: Have each student “strike a balance pose”. Try to hold pose for 3 breaths. Relax, now hold for 5 breaths if possible. See what your limits are!
- Balance Pose: Student inspired.



Lesson 8: Hard Work

Mudra:Anjali Mudra



Mantra: I am calm, I am focused, I can achieve my goals. *Repeat 3 times.*

Breath Work: In Easy Pose, breathe in and lift arms overhead. Breathe out and push tired air out and away. Release anything that no longer serves you. *Repeat at least 3 times.*

Warm up: Use this time to introduce idea of choreographing routine.

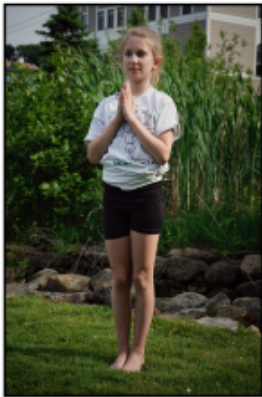
Sequence

Prepare a yoga sequence or a choreographed yoga dance. We love *I Am Yoga* (2016) presented by Emily Arrow. You can check it out on YouTube here:

<https://www.youtube.com/watch?v=FmXL821PkIY>



Standing Vinyasa



Mountain



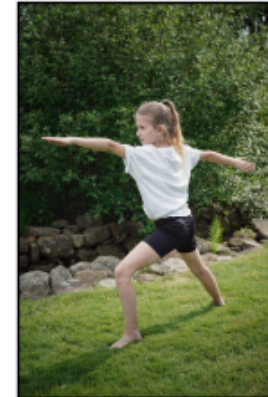
Warrior 1



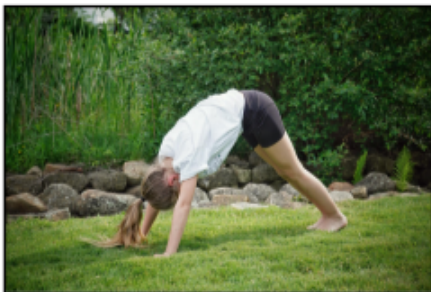
Warrior 2



Reverse Warrior



Warrior 2



Downward Dog

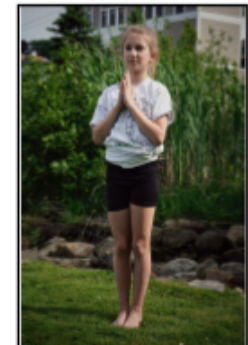


Runner's Lunge

Follow Sequence on both right and left sides.

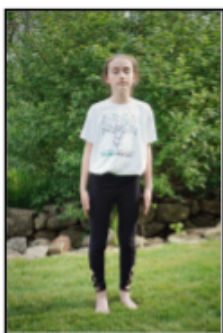


Downward Dog



Mountain

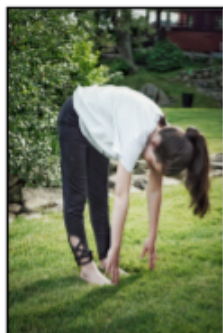
Sun Salutation



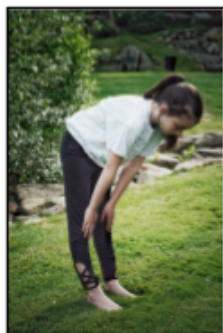
Mountain



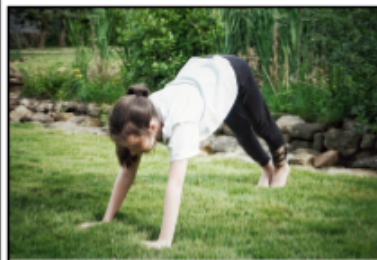
Upward Salute



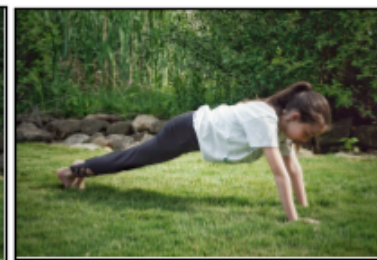
Forward Fold



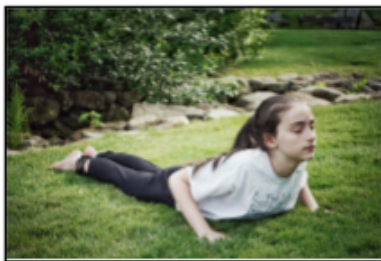
Half Fold



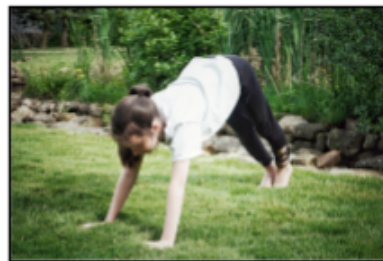
Downward Dog



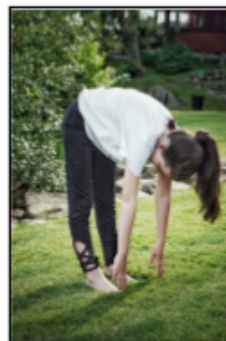
Plank



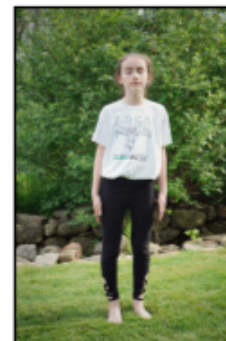
Baby Cobra



Downward Dog



Forward Fold



Mountain