

Yoga Ideas for Summer

Songs:

- *Stretch Back* by Eric Litwin & The Learning Groove, Outrageous Orange CD #19
- *Dance for the Sun* by Kira Willey, Dance for the Sun: Yoga Songs for Kids
- Springtime Tree by Linda Lara, Musical Yoga Adventures
- *Bombalalom* (ETM)
- *Nature Sound Lullaby*, 101 Healing Songs (instrumental)
- *Relaxing Rain*, 101 Healing Songs (instrumental)

Books:

Good Night Yoga by Mariam Gates, J 613.7046 GAT

Peaceful Piggy Yoga by Kerry Lee MacLean, J 613.7046 MAC

Sleepy Little Yoga by Rebecca Whitford, J 613.7046 WHI

Good Morning Yoga by Mariam Gates, J 613.7046083 GAT

Not a Box by Antoinette Portis, E POR

Resources:

Little Flower Yoga for Kids by Jennifer Cohen Harper

Yoga for Kids Outline

Thursday, June 9th, 2016 at 3:00-3:30 PM in Meeting Room B

ROOM SET-UP:

- “Candles”
- Extra towels
- Diffuser
- Lavender spray
- Flannel board
- Yoga pose pictures
- Books
- water pitchers
- cups for water
- iPad with “Yoga for Kids” Playlist
- Bluetooth speakers for iPad

♪ **Here Comes The Sun**

- As children walk into the room, take off their shoes and set-up their towel/yoga mat

WELCOME

- Breathing (Nicole)
 - Bunny breaths
 - Lion breath
- Stretch: Cat & Cow

♪ **Stretch Back-** by Eric Litwin & The Learning Groove

Good Morning, Yoga- by Mariam Gates

♪ **Dance for the Sun-** by Kira Willey

- Stand in mountain
- Stretch up high, wave to the sun
- Hang down low, tickle your toes
- Feet jump back, just like a frog
- Belly on the ground, just like a snake, look toward the sun
- Downward dog
- Breathe
- Feet jump up, just like a frog
- Hang down low, tickle your toes
- Stretch up high, wave to the sun
- Mountain pose

📖 **Good Night, Yoga-** by Mariam Gates

♪ **Springtime Tree-** by Linda Lara

♪ **Bombalalom-** (Nicole will sing)

- Lavender spray (Julie)

♪ **Nature Sound Lullaby-** by 101 Healing Songs

- Children will rest in shashawna pose

💧 **WATER-**

- disposable cups
- water pitcher