

Family Yoga Practice - 1/2 Hour

Words highlighted in blue have detailed descriptions, pictures, and/or videos in the Engage section under the Toolbox button of the King's Land Tales website.

Supplies Needed/suggested: yoga mats, a bell, crayon, markers, and/or colored pencils, drawing paper.

Tune In: Bell ringing

Set an intention: why you are here, perhaps it's to get stronger, have fun with your family, or see if you like yoga.
Chant Om 3x: Om is said to contain all sounds (breathe in, breathe out, breathe in and say Om)

Breath Awareness

Flower Hands breath

Elevator Breath

Milkshake

Warm up

Cow->Cat->Dog->Mouse Flow

Begin in Tabletop on all fours (hands and knees), knees hip-width apart, hands/wrists directly under shoulders, inhale **Cow** drop your belly button toward the floor, raise your tailbone to the sky, lift your head and chest as you breathe in, exhale **Cat**, rounding back, pulling belly button to the sky. Again inhale Cow, moo, exhale Cat, meow, third time we will add **Mouse** and **Down-dog**. Inhale Cow, moo, exhale Cat, meow, press back into Mouse, lowering chest to knees and bottom toward your heels. Inhale to table top, tuck your toes, raise your hips and exhale into Downward facing dog. Walking your dog by bending your knees, one then the other. Wag your tail if you like. Lower to your knees, Cow, Cat, Mouse, Down-dog, repeat flow 2 more times. Then from Down-dog, lumber forward like a big bear, until you are in a standing fold, swing your arms side to side, then slowly, inhale, roll up.

Tree pose rt, left

Align trees for **Forest** where the ends of the branches (hands) touch other tree branches creating a forest.

Tree pose in Forest, rt left, end with becoming a leaf, swirling to the ground in the breeze. Swirl to the ground like a leaf.

Come to the top of the mat, remind family of their **intention perhaps of becoming stronger**. Inhale arms up, exhale, **Foreward Fold**, plant hands on the mat, step back into **Plank**. In Plank, shoulder over wrists, hands pressing into the floor, back and legs make one long line. Press through your heels, reach your heart forward. How long can you hold Plank? Let's count. Lower down to the mat, come up into **Snake**. For Snake, begin on your belly with your forehead and the tops of your feet resting on the ground. Press your palms on the floor next to your chest. The tips of your fingers lineup with the top edge of your shoulders. Press through the hands and the tops of the feet to lift the head and chest. Keep your elbows tucked in close to the body and slightly bent. Press your heart forward and let the shoulders relax down the back. You can slither side to side and hisssssss. 2x. Snake slithers under a rock as we press back into Mouse pose (aka Rock pose) and rest.

Down-dog tunnel

For Down-dog tunnel - the parents/teens will be in down-dog next to each other, forming a tunnel. The children will be puppies that crawl through the tunnel. Parents, if you get tired of holding down-dog, you can close the tunnel by coming down into table top, or Mouse and the puppies will go around to the next tunnel. Children, you get to go through the tunnel 2x. When you are finished return to your mat and rest in Mouse pose.

Mouse breathe in/out

Lion (roar) Come onto all fours in tabletop. Sit back on your ankles and place your hands on your thighs. Stretch your fingers into lion claws and take a deep breath in. Exhale, stick your tongue out as far as you can, open your eyes wide and roar!

Mouse

Lizard on a Rock - partner pose: One person comes into Rock pose (aka Mouse). The second person is the Lizard and suns himself/herself on the rock. They do this by facing away from each other. The Lizard carefully lowers down on the tailbone of the Rock person. The Lizard leans back slowly over the sacrum and back, extend their legs and arms out draping over the Rock. The Lizards feet may touch the floor unless the lizard is a smaller child. The Lizard asks along the way if Rock is ok? When the Lizard is done sunning, Rock sits slowly

up as Lizard slides off. The. The partners switch places. If the Lizard is an adult and the child is a Rock, the adult sits on their own bottom with their legs out at the base of Rock facing away from the Rock. The adult then leans back on the Rock, drapes their arms over the Rock and basks in the sun. Remember to always check in with your partner. No Lizard squishing Rock allowed. When the Rock is ready, Rock gently, slowly raises up and Lizard glides off.

Transition to Quiet

Everyone returns to their own mat for a magic carpet ride. Lie on your back, palms up

Relaxation

Brief **Magic Carpet Ride** there and back.

Creative Expression

You can draw a picture of your special place, what you liked about your yoga practice, or maybe your favorite yoga pose. If there's time and you would like to, you can share it with the group/family.

Meditation

Sa Ta Na Ma Truth is my name

Loving Kindness Meditation

Closing

As our time together comes to a close, take a moment and if you'd like to share, tell us what you liked about our yoga practice. (Survey group/family) To close our practice we will end with one Om and shanti, shanti, shanti. Shanti means peace. Inhale:

Om

Shanti, shanti, shanti

Namaste (when you say namaste, you are saying **"the light in me honors the light in you."**)