
STORY TIME YOGA



What is Story Time Yoga? For our yogi's who need a more guided class, we introduce our yoga flow through a fun story! Each class is a short form of our full group classes made to be easily followed. We learn self-soothing techniques through breath and movement and self-love. Check out an example of how a class might flow.

Story Set Up



We start by setting up our story. Our story will guide us through each part of our routine and help keep the individuals focused!
Ex. "Today we are going to AFRICA to see my favorite animal! You may have seen these guys at the zoo before. Can you guess what it is? What's your favorite zoo animal? Well mine is the great, big LION. I love lions and their great big manes, their strong paws, their long tails... Yoga is super fun because there are so many poses that are like animals! Including the great big LION!"

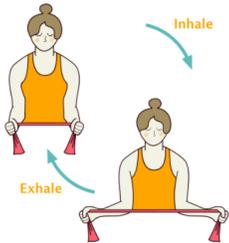
Centering With Breath



After our story is set up, we begin by centering our bodies and minds with breathing exercises. There are lots of wonderful ways to breath in yoga. Deep breathing lowers stress and anxiety, which is a wonderful

coping mechanism to teach these learners! Some fun breaths we learn include Lion's Breath, Bee Breathing, Taco Breath, or maybe Balloon Breathing! This portion of class lasts about 5 minutes.

Warm Up



In our warm up we work on loosening up the body from top to bottom. We might use some props like resistance bands or balls to do some quick warm up reps to prepare our bodies. All while continuing our story. This portion lasts 5-10 minutes.

Ex. "We have to get on a plane so we can go see the lion's in Africa! But first we should limber up before we get on the stuffy airplane."

Flow



The bulk of our class (10-15 minutes) will be the flow. This is where we will begin doing our poses! Each pose will have something to do with our story. We might ride an airplane (shown to the left), climb a tree (Tree Pose), or maybe see a snake (Cobra Pose). Everything will be integrated into the story so we keep our yogi's attention.

Savasana



Savasana is our time of rest at the end of an asana (yoga) session. This is where we calm our bodies and bring it back to a state of rest. We return to our deep breathing exercises. Savasana lasts about 5 minutes.

Ex. "PHEW! It's time to take a break and let our bodies relax. It's super important to let our bodies relax after we do something big like we did today. So let's all lay back. Rub your hands together and place them on your belly. Breath in suuuuper deep and out suuuuper slow. Try and make it sound like the waves of an ocean taking us back. Rub your arms, pull your legs up and rub your legs, rub your face. Rub your hands together and place them on your eyes once again. Give me one more big lion's breath."

We end the class by saying thank you and NAMASTE meaning...

"The light in me acknowledges the light in you".

