

Stephanie M Bellissimo  
Certified Yoga Instructor  
www.stephaniembellissimo.com  
stephanie.m.bellissimo@gmail.com

Whether the goal of your yoga class is to calm down or energize up the body and mind, it is important to give the body and mind space and time to just be. Excess talking on the part of the teacher will inhibit the goal of the class. The reminders or cues you give will directly impact the experience your students have.

### **Yoga to Calm My Body:**

*This yoga sequence is helpful when children are anxious, hyperactive and restless.*

#### **Reminders:**

- 1. The places your body connects to the ground**
  - 2. Getting wider**
  - 3. Exhaling completely**
- **Golf Ball**
    - *Can you find all of the 26 bones of your feet?*
    - *Pause and send your breath to places that feel tight on the soles of your feet.*
  - **Brain Dance**
    - *Put your mind in your feet.*
    - *When the dance gets difficult, try to take your focus to where your feet touch the ground.*
  - **Cat Pose**
    - *Press firmly into the ground with your hands, shins, and the tops of your feet.*
    - *Use your exhale to release any places that feel tight in your back.*
  - **Childs Pose**
    - *Imagine the backside of your body getting wider each time you exhale.*
    - *Let your body sink into the ground.*
  - **Downward Facing Dog**
    - *Put your mind in your hands and your feet by firmly pressing them into the ground.*
  - **Supine Twist**
    - *Put your mind in the places where your body touches the ground.*
  - **Reverse Childs Pose**
    - *Imagine the front of your body getting wider each time you exhale.*
    - *Let your shoulders relax toward the ground.*
  - **Svasana/Resting pose**
    - *Each time you exhale, try to relax a different part of your body*
    - *Move the corners of your lips towards your ears.*
  - **Easy Pose with Belly Breathing**
    - *With one hand on your chest and one hand on your belly, see if when you breathe in and out you can make your belly hand move first.*

## **Yoga to Energize My Body:**

*This yoga sequence is helpful when children are lethargic and tired.*

### **Reminders:**

- 1. The distill ends of your body (top and bottom of your spine, your fingertips, your toes)**
  - 2. Getting longer**
  - 3. Inhaling fully**
- **Rhythmic Shakes + Freeze and Breathe**
    - *Can you notice the changes in the way your fingertips/toes feel?*
    - *With each Freeze and Breathe, take 3 deep breaths and be as still as possible.*
  - **Brain Dance**
    - *Put your mind in your fingertips.*
    - *When the dance gets difficult, try to take your focus to where your fingers reach in space*
  - **Cat Pose**
    - *Imagine lengthening the space between the top of your head and the bottom of your tailbone.*
    - *Use your inhale to breathe in more space in your spine.*
  - **Childs Pose**
    - *Reach your fingertips as far away from your toes as possible*
    - *Let your body grow longer from top to bottom as you inhale.*
  - **Downward Facing Dog**
    - *Put your mind in the top of your head.*
    - *How far can you move the top of your head away from your hips?*
  - **Seated Twist**
    - *As you twist around, can you feel your spine getting longer?*
  - **Happy Baby**
    - *Each time you inhale send your breath to any tight places on your legs.*
    - *Imagine your spine growing longer with each breath cycle.*
  - **Svasana/Rejuvenating Pose**
    - *Each time you inhale, let your ribs and belly expand and open up.*
    - *Smile to your body*
  - **Heroes Pose with Ocean Breathing**
    - *Start with Belly Breathing*
    - *Breathing in through your nose, make the sound of ocean waves so that only you can hear your breath in your inner ear.*