



## OMazing Kids Yoga Lesson Plan inspired by “Advice from a River” by Ilan Shamir of Your True Nature:

Today we are going on a river yoga adventure!

Some rivers begin in mountains where snowmelt collects and forms the beginning of a river. So let's begin our yoga adventure in **Mountain Pose**.

Stand up straight and tall like a mountain. Now pretend like you are frozen like **Snow** (show kids how to tense up all the muscles in their arms & make fists) ..... freeze.... freeze... freeze..... now melt (model relaxing).

Now the snow has melted and is running down the mountain and forms a waterfall. To be a **Waterfall**, lift your arms over your head and gently lean back and imagine the water flowing over your fingertips and down your back. Let go of any worries as the water flows. “Go with the flow” means “Relax....

No worries”. Let's say *“I go with the flow”*.

As the river continues down the mountain it goes through a beautiful forest of Aspen & Fir trees. Breathe in slowly through your nose to smell the fresh mountain air. To be a forest, we are going to do a group **Tree Pose** in a circle (or could be done in a line against a wall to assist with balance). To be a Fir tree, lift your arms and put your hand together over your head in Tree Pose to form the pointed top of a Fir tree. To be an Aspen tree, stretch your arms wide and wiggle your fingers in Tree Pose to be Aspen leaves quaking in the wind.

Listen..... tweet... tweet... tweet. What is that in a nest in the trees? (pause to see if the kids say “a bird”). Trees need the water to grow & the birds need the trees for their home. To be a **Bird**, stand up high on your toes and stretch your arms behind you like wings.

As the river continues down the mountain it comes to a pile of boulders & rocks. To be a Rock, we are going to do **Child's Pose**. Get on your hands and knees. Kneel low, rest your head on the floor in front of you and place your hands by your head. Imagine the river is flowing around you as you are a rock in the river.

A turtle climbs up on the rock to warm itself in the sun. To be a **Turtle**, sit up with your knees bent and legs open wide. Bring your arms inside and under your legs. Round your back to hide in your turtle shell.... Then slowly lift your head out of your shell to see what else is near the river.

You see a beautiful meadow on the other side of the river. It is full of beautiful wildflowers. To be a **Flower**, sit up straight with the soles of your feet touching, bring your hands inside your legs and gently lift your ankles and lean back. What color is your flower? Breathe in slowly through your nose. What a beautiful flower you are! Let's say *“I am Beautiful!”*.

The flowers need the water to grow and then the flowers provide food for the bees & butterflies. To be a **Butterfly**, sit up straight with the soles of your feet touching & make antennas with your fingers on your head. Flap your legs gently like butterfly wings. To be a **Bee**, we are going to do Buzzing Bee Breath. Breathe in slowly through your nose and breathe out making the sound “*Bzzzzzzzzzz*” ..... one more breath in and “*Bzzzzzzzz*”.

This meadow is so beautiful and relaxing that we decide to lay down and rest. Lay down on your yoga mat on your back, tummy or side.... Whatever is comfortable for you. You look up and see puffy white clouds floating in the sky. Close your eyes and imagine that you are floating with the puffy white clouds. You see all the beautiful things that depend on the river.... You see bees.... flowers..... turtles.... birds.... and trees. The clouds float to the top of the mountain and it begins to snow. New fresh snow. Feel your body tensing up and freezing like snow..... freeze..... freeze..... freeze. Now relax as you are snow melting in the sun. The water from the snow goes into the river again. As you gently float down the river wiggle your toes and open your eyes.

**Ideas to extend the theme:** read the poem Advice from a River and talk about it, have the kids come up with their own advice from the river, mountain or any part of nature, go on a mindfulness walk noticing all the sights & sounds in nature, listen to a CD of forest nature & river sounds, etc....

#### **Lesson plan developed by:**

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