

2018 SUMMER KIDS/FAMILY YOGA CLASS					NOTE
KIDS MINDFULNESS (75MINUTS)					
Date	July 7	Jul 21	Aug 11	Aug 18	
Week	Week 1	Week 2	Week 3	Week 4	
Theme (focus)	Learning mindfulness	Mindfulness Walking	Mindfulness Talking	Mindfulness Yourself	
Contents	Little Meditation	Little Meditation	Little Meditation	Little Meditation	Calming
	Breath Work	Breath Work	Breath Work	Breath Work	Focus on breathing
	gentle breath	gentle breath	gentle breath	gentle breath	Leaning variety of
	bee breath	bee breath	bee breath	bee breath	breath technics
	rabitt breath	rabitt breath	rabitt breath	rabitt breath	
	ocean breath	ocean breath	ocean breath	ocean breath	
	Tapping Practice	Tapping Practice	Tapping Practice	Tapping Practice	Leaning tapping
	Ground Flow and Asana	Ground Flow and Asana	Ground Flow and Asana	Ground Flow and Asana	Warming up
	sun saltation for kids	sun saltation for kids	sun saltation for kids	sun saltation for kids	
	some worming up asanas	some worming up asanas	some worming up asanas	some worming up asanas	
	Little Challenging	Little Challenging	Little Challenging	Little Challenging	Peak poses
	tree pose	hand stand	crow pose / monky pose	smile circle	
	Mindful Walking	Mindful Walking	Mindful Walking	Mindful Walking	Fun and calm
	Mindful Eating	Mindful Eating	Mindful Eating	Mindful Eating	
	Little Sa Ta Na Ma Chanting	Little Sa Ta Na Ma Chanting	Little Sa Ta Na Ma Chanting	Little Sa Ta Na Ma Chanting	Leaning simple chant
	Shavasana	Shavasana	Shavasana	Shavasana	Calming
	Clean Up and Greeting	Clean Up and Greeting	Clean Up and Greeting	Clean Up and Greeting	Wrap up