

Section 1 - Introduction

1. 3 basic principles
2. 3 basic rules
3. Set up environment

Section 2 - Flow of a class

4. Candle light ceremony
5. Good morning song
6. Warm up 1: How are you?
7. Warm up 2: Monkey dance
8. Breathing exercise: Woodcutter
9. Yoga exercise: Sun salutation kids version
10. Relaxation: Pizza back massage
11. Yoga game: Yoga cards under the cloth
12. Relaxation: Butterflies and flowers
13. Partner exercises: Warrior, Merry-go-round, mirror, slide, fish and snail
14. Yoga story
15. Savasana with face massage
16. Savasana with fantasy travel
17. Tea time and OM chanting

Section 3 - Conclusion

18. Quick course review
19. YOU can do it too!

Section 4 - Additional resources

20. Bonus video: bee humming breathing
21. Bonus video: Spiderman
22. Bonus relaxation video: Cake back massage
23. Good morning song (text)
24. Good morning song (audio)
25. Sun salutation kids version
26. Yoga story: Caterpillar and butterfly
27. More story ideas
28. FREE BONUS HELP: Children Yoga Booklet