

Sun Salutations (A)

How does it help students?

- Allows students to connect breath and movement, which has a calming effect.

What will we need?

- Nothing :)

How do we do it?

- Students all stand tall
 - Feet shoulder distance apart, hands by side
- Invite students to close their eyes, or soften their gaze (half closed eyes, looking down)
- Start off with a few rounds of deep belly breathing, long inhales/long exhales. (can place hands on belly to help guide the breath, feel belly press into hands on inhale)
- Have students open eyes
- Begin Sun Salutations:
 - Inhale - reach arms up to sky
 - Exhale - fold over legs, arms reach towards the ground
 - Inhale - lift halfway, place hands on shins with a slight bend in the knees
 - Exhale - fold over legs
 - Inhale - come all the way up to stand, arms reach back up
 - Exhale - release arms by side
- Repeat 3-5 times

Additional Notes:

- Can play soft music (nothing with lyrics) or just have students focus on their own breath