

Instructor: Rachel Wang

Bio: Rachel Wang graduated from UC Irvine and has made her way to become a full time yoga teacher. She is eager to help students find more strength, space, and balance within themselves through movement and mindfulness - all while having fun! One of her main passions is to coexist with the natural and modern world in a sustainable manner, that is approachable for herself as well as for others.

"It's all about Nature!"

- Connecting with oneself
- Connecting with others
- Connecting with the environment

These workshops will introduce:

- Use words of affirmation to connect the mind with Self
- Introduce mindfulness
- Develop awareness to breath
- Develop confidence through movement

Skills developed will help children feel more connected with themselves.

The objective is to help students increase their mindfulness practice, using it to explore different emotions and feelings.

Lesson 1

WOA: *I am whole.*

- Use this affirmation as a basis for the whole program. That the student is whole and complete as he/she is.
- Introduce breathwork: belly breathing, ujjayi breath (ocean breath)
- Imagine: with eyes closed, different colors and how each color makes them feel.
 - ex) sad, scared, happy, excited, fun, angry, calm
- Poses: intro to basic yoga poses - Mountain, Star (leads to jumping jacks), Seal, Chair, Child's, Ball, Cow Cat, Bear Crawl, Figure 4 etc.

Lesson 2

WOA: *I am healthy & happy.*

- Breathwork: shoulder roll breath (inhale thru nose, exhale thru mouth). Repeat 5-8 rounds.

- Imagine: with eyes closed, favorite different types of food. And what foods they like and dislike. Why?
- Poses: Making juice series - pick, wash, chop and blend fruit/veggies, drink juice that was created, wash & put cups back. As a treat, Pizza pose (seated forward fold)

Lesson 3

WOA: *I am kind to myself and others.*

- Breathwork: Sphere breath - Put your fingertips together and form a sphere with your two hands. As you inhale, inflate the sphere. As you exhale, flatten your hands together. Imagine your belly filling with air as your hands expand to form a sphere.
- Imagine: favorite animal and what what feeling that animal brings to you
 - ex) dog - happy, cat - cute, lion - brave, pig - silly, etc.
- Poses: animals - rabbit, cat, cow, Downward Dog, Fox, Beetle, Alpaca, Owl, Frog + noises

Lesson 4

WOA: *I have great ideas.*

- Breathwork: inhale - pause at top - exhale - pause at bottom. Repeat for 3-5 rounds.
- Imagine: think of the best ways to clean up a mess or reduce waste. What feeling does that give you once your area is cleaned up? What parts of your life can you bring more space and clean up (room, kitchen, bathroom, closet, etc.)?
- Poses: Jump rope (no need for prop), side lunge, forward lunge, Star, Sun (draw with hand), Moon (standing), Bear Crawl forward and backwards

Lesson 5

WOA: *I am strong.*

- Breathwork: Mountain breath (inhale thru nose raise hands up, exhale thru mouth bring hands in front of heart). Repeat 5-8 rounds.
- Imagine: think of yourself as a tree - what's included in your tree of life? Favorite food, toys, people, books, etc. Your tree can grow as big as you'd like!
- Poses: strong poses - Table top, Bird Dog, Plank, Reverse Table top + dips, Tree Pose, Warrior 1, Warrior 2, Chair, Warrior 3

Lesson 6

WOA: *I am a hardworker.*

- Breathwork: inhaling for 5 counts in, exhaling for 5 counts out. Repeat for 5-8 rounds.
- Imagine: think of the strong people in your life. Why do you think these people are strong? What do they do that makes them strong? How are you strong in your own ways? (include hardworking)
- Poses: Horse stance, Boat, Shark (Locust), Mountain to Helicopter (swing arms in circles), Lunge, Mountain climbers, Run in place

Lesson 7

WOA: *I am a good listener.*

- Breathwork: Hand to heart and belly breathing. Repeated for several rounds.
- Imagine: Who is a good listener in your life? What makes a good listener? How are you a good listener? What is your favorite song?
- Poses: Twists, Butterfly pose, Seated pose + Twists, shoulder wraps, laterals, forward bend, play Simong Says

Lesson 8

WOA: *No one is quite like me.*

- Breathwork: Square breath - inhale for 4, hold for 4, exhale for 4, hold for 4
- Imagine: eyes closed, body scan - notice different parts of the body without moving by imagining a gold start
- Poses: yoga poses + dynamic movements