



Mind and Body: Exploring Yoga for Children

Instructor: Donyell Johnson

Week of July 8

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
9:00	Ice breakers, Round Circle introductions, Yoga history video lesson	Ice breakers, Yoga review Hula Hoop bonding game	Ice Breakers Yoga Balance review	Ice Breakers Yoga strength review	Final overview of Yoga Group round circle: Yoga poses
10:00	Warm-up: Stretch, Cardio, Strength introduction Lesson 1: Intro Yoga Poses warm up, cool down	Warm-up: Stretch, Cardio, strength Lesson 2: Intro to Balance poses	Warm-up: Stretch, Cardio, strength Lesson 3: Intro to Strength poses	Warm-up: Stretch, Cardio, strength Lesson 4: Intro to flexibility and stretch poses	Relocation to the lawn for final Zen Session Lesson 5: Zen session
11:00	Lesson 1: Intro Yoga Poses Warm up, Cool down Exit ticket: Yoga Simon Says Game	Lesson 2: Intro to balance poses Exit ticket: Yoga group Olympics	Lesson 3: Intro to strength poses Exit ticket: Yoga Simon Says	Lesson 4: Intro to flexibility & stretch poses Exit ticket: Yoga group Olympics	Lesson 5: Zen session Exit Ticket: Yoga Hot Seat
11:50	Walk to pickup area	Walk to pickup area	Walk to pickup area	Walk to pickup area	Walk to pickup area

- Drop off campers between 8-8:30 a.m. in front of E.L. Wiegand Fitness Center.
- Pick up campers between 12:15-12:45 p.m. in front of E.L. Wiegand Fitness Center.
- All campers should bring a morning snack and water bottle every day.