

FAMILY YOGA DEMO CLASS
September 2012 – Teacher Niki East.

Ages of children – from 6 months to 4 years, a welcoming family yota session for five families.

Time	Practice/s With and w/out babies	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ props	Precauti
11.00	Welcome and introductions: names, ages of babies and children	Seated comfortably in vajrasana or cross legged. Babies either lying in front or backs, or on laps, btw knees, older children independent sitting	Verbal instruction asking, listening	Discover any special needs, levels of yoga experience-yoga teachers with their children Age range 6m-5years (1xlying, 2x crawling, 2x toddling 1x walking)	Mothers sitting on blocks or bolsters to lift lower back and promote postural awareness	Any pelv instabilit vajrasan: base.
11.10	Warm-ups Arm circles Hari om song with actions	From prayer position breathe in lifting arms overhead exhale lowering arms down side, x3 rep Clap hand on thighs then together, repeat , Bring palms together over head for final om.	Verbal instruction/and demo	Lengthening spines on inhale, softening, releasing shoulders/arms on exhale. Parents, older children own first round, then parents can assist younger children. Helpful to gain focus and attention.	As above	Suitable all
11.15	Warm up shake and wobble	Transition to Dandasana. Children either btw parents legs, or nxt to them. Babies lying btw. Parents and older children shake and wobble arms and legs		Shaking away tension and tightness in arms and legs. Babies can be gently massaged down arms and legs, and wobbled	As above	

	With and w/out babies.	With and w/out babies	How taught	/response to different needs.	Props	
11.30	Shooting engine fire/energy	Extending arms/hands/fingers into centre of room x3 with sound	Practice with students/verbal instruct/demo	Keeping spines upright, shoulders low. Toddlers join in, babies enjoy sounds and movement.	As above	Suitable for all
	Transition to standing-taking lift to door of rocket	Tuck legs to side and come to all 4's if baby still on floor or if w/out baby, walk hands back coming up to semi squat then standing. -walking toddlers can come straight via squat. Repeat x2.	Verbal instruction /demo/sound	Parents w babies on floor bring selves up 1 st , then spiral baby from semi-squat, using exhale, sound and pelvic floors/or come up w babes in arms via lunge	Bring baby close to body before standing upright, Those using lunge may need blanket under knee, watch knee/ankle alignment.	Keep semi-squa no wider than hip width if pelvic instability..
	Prepare for take off!	Wriggle/shuffle back to end of mats to prepare to take off to moon	Verbal instruction /demo	Be aware of props etc still on mats, moving back creates extra space for standing twists	Make sure those w wrist complaints use supportive holds for babies	Use forearms rather than wrists for support.
	Zoom zoom zoom song. Repeat 2x	Zoom zoom zoom-feet hip width (w/out babies) swing arms around body side to side taking back foot heel off it increase twist	Verbal instruction /demo/sound	Parents with babies can swing w babies in safety hold or upright supported hold. Keep spine long, shoulders relaxed and down. Twisting movements helping to re-align abdominals	As above, also encourage parents to use age appropriate vigour in twists, younger babies enjoy slower movements Older enjoy action	As above, moving too vigourously may cause 'startle reflex' In younger babies.

	With and w/out babies.	With and w/out babies	How taught	/response to different needs.	Props	
	Zoom zoom zoom song, cont.	<p>Countdown 5-1 Those w/out babies and walking children jumping/stepping from star shape (feet hip width, arms extended shoulder height), to rocket shape (arms by sides, feet together). Those w babies can use baby drops.</p>	<p>Verbal instruction /demo/sound</p>	<p>Encourage use of pelvic floor on exhale when jumping/stepping/dropping babies.</p>	<p>Age appropriate movements w babies in drops as above.</p>	<p>Those w pelvic instability keep stance no wider than hip width.</p>
		<p>Blast-off!-Those w/out babies, can either come to tip-toes reaching arms over head or parents feeling strong may scoop toddler off floor flying them into air in swinging lung movement. Those w babies can also fly babies up in air in swinging lung movement.</p>	<p>As above</p>	<p>Encourage use of pelvic floor support especially when lifting babies/toddlers. Remind parents to bend knees on swing flying movements.</p>	<p>As above</p>	<p>As above</p>
11.40	Arrive on moon and climb out of rocket	<p>Those w free hands can make circle shape w fingers to look thru rocket window. Then pretend to step out of rocket</p>	<p>Verbal instruction /demo</p>	<p>Encourage imagination, feedback about what older children see?</p>	<p>Those w babies look w/out hands</p>	<p>Suitable for all.</p>

Time	Practice/s With and w/out babies.	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ Props	Precautions
11.45	Walking balance- exploring the moon.	All walk around room in circle in slow floating movement lifting knees high/floating arms. Come back to mats	Practice with students/verbal instruct/demo	Those w babies/or postnatal in period use closed hip walk/balance (knee lifts across body, baby moved in opposite direction). Use pelvic floor lift for support when lift leg.	Those w pelvic instability use smaller steps or walking pelvic scoops.	Gentle movements for younger babies.
	Alien wiggle	See aliens, shake/ wobble wobble arms/legs like them.	As above	Shake out holding /tension in body, those holding babes can wiggle hips and shake legs	Suitable for all.	
	Stepping-stone balance thru dust storm. (to find shelter)	Making block path or stepping stones to walk along, teacher & parent w/out baby, wave scarves above walking children for dust storm effect	Verbal instruction /demo	Encourage/praise slow careful balancing along blocks. Those w/ babies may also like to walk along block path or nxt to it placing one foot in front of other in hip closing practice.	Suitable for all, although monitor baby carrying time may need to change hold/ swaps. Walking children will enjoy multiple repetitions.	
11.50	Transition to floor	Reverse transitional moves to standing. Either from asymmetrical lunge or parallel stance.	Practice with students/verbal instruct/demo	Attention to pelvic floor support on exhale as returning to floor. Babies can come to rest on floor either on backs or tummies.	Babies on tummies may enjoy support under arms for greater lift.	Those with pelvic instability use parallel transition.

Time	Practice/s With and w/out babies.	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ Props	Precautions
11.55	Moon caves/ tunnels to crawl thru/hide in from storm-downward dog/ cat tunnels	From all 4s coming to down dog or cat. Babies can either be in front of or underneath cat/d.dog caves tunnels & toddlers can hide under.	Practice with students/verbal instruct/demo	Parents can also line up next to each other creating dog/cat tunnel for toddlers to crawl thru. Early postnatal mums work w cat. Use breath/pelvic floor connection, encourage grounding thru hands/feet	May need blankets under knees. Any wrist weakness work from cat or forearm cat w blocks.	Keep knees on floor if bleeding
	Sleeping monkeys Song-resting & hopping	Rest in child pose, babies still resting on backs or tummies, parents can stroke down children/ babies. When sleeping monkeys wake, toddlers and those w/out babies slowly curl from all 4s-standing	Practice with students/verbal instruct/demo Lead singing	Relax soften and lengthen spine, enjoy snuggling with children Those with babies curl up to vajrasana, bring babies up either spiral or self lift depending on neck strength.	If child pose uncomfortable rest fwd on forearms/knees or belly. Use cushions/ blocks if needed	Suitable for all.
	-Hopping monkeys	Hop lifting opposite arm and knee/changing sides. Or lift arm/leg without hopping -x-patterning effect/brain gym. Repeat x2	As above	Mums/dads can jump babies in front of them holding under arms/around rib cage. All remember internal pelvic support	Use forearm supported holds if wrist problems. If babe needs quiet time may stay on floor.	Be aware of energy levels
12.00	Space monkeys tired now, time to head home!	Return to floor to vajrasana				

Time	Practice/s With and w/out babies.	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ Props	Precautions
	<p data-bbox="367 395 616 584">Transition to supported V sitting or semi-supine (moon buggy base)</p> <p data-bbox="367 962 616 1070">Moon buggies-bounce back to space capsule</p>	<p data-bbox="642 395 1012 659">Those with, w/out babies and toddlers, tuck legs to side bringing feet to floor w bent knees, resting back on hands. Babies can rest on tummies on mum's thighs looking out.</p> <p data-bbox="642 962 1012 1182">Bounce bottoms on floor, small, then, higher mini Table pose effect. Those w babies can either make tiny bounces or tap balls of feet for effect.</p>	<p data-bbox="1039 395 1265 504">Practice with students/verbal instruct/demo</p> <p data-bbox="1039 962 1265 1222">As above, including appropriate sounds (rams can work well as engine sound)</p>	<p data-bbox="1292 395 1662 922">Keep length in spine, chest open. Use semi-supine base as alternative for those with babies, or hand or shoulder issues. Bring babies to side of mat on back, parent lies on side facing babe, bringing babe tummy to tummy, rolling to semi-supine. Babe can rest back on parent's thighs. Babies can also rest next to parents.</p> <p data-bbox="1292 962 1662 1297">Be very aware of individual needs and energy levels here. Keep chins drawn in, extend knees away from shoulders. Both base positions use leg strength pressing feet into floor for lift & breath/belly/p.floor connection.</p>	<p data-bbox="1706 395 1964 767">Blocks or cushions Sitting support Or head support in semi-supine. Blocks or bolster under feet in semi-supine to help release lower backs.</p> <p data-bbox="1706 962 1830 991">As above</p>	<p data-bbox="1986 395 2163 576">Watch shoulders/wrists, and weakness in lower backs</p> <p data-bbox="1986 962 2201 1110">As above. Be mindful of babies responses/need</p> <p data-bbox="1986 1415 2190 1444">Suitable for all</p>
12.05	<p data-bbox="367 1415 616 1524">Transition- to zoom back to earth</p>	<p data-bbox="642 1415 898 1485">Transition back to vajrasana</p>	<p data-bbox="1039 1415 1265 1524">Practice with students/verbal instruct/demo</p>	<p data-bbox="1292 1415 1662 1524">Parents have options to have babes in safety hold or resting on floor</p>	<p data-bbox="1706 1415 1919 1524">Blocks or cushions Sitting support</p>	<p data-bbox="1986 1415 2190 1444">Suitable for all</p>

Time	Practice/s With and w/out babies.	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ Props	Precautions
12.10- 12.25	Zoom, zoom, zoom, back to earth cont.	Come to high kneeling, swing arms around body for zooming, clap hands in count down, and reach arms in air for lift off.	Practice with students/verbal instruct/demo Lead singing zoom song	Babies can either swing in parents arms or enjoy watching movements, emphasize softness and release of swinging arms/hands	Blocks or cushions Sitting support. Kneeling support/blanket	Suitable for all
	Space capsule floats back to earth	Float arms up and down sides of body to land back on earth.				
	Sleepy stretch	Extending one arm then other up stretching sides and yawning.	Practice with students/verbal instruct/demo	Quieting energy down, if any parents still holding babies can support babe on lap while stretch each side.	As above	Suitable for all
	Little monkey nests for resting/ Relaxation	Preparing/settling for relaxation. Make cosy areas for family groups Semi-supine, side lying or full savasana Sing twinkle twinkle as settle, use scarf to sprinkle star dust over all then sound relaxation aa oo mm	Adjust students, verbal instruction Lead singing, relaxation sounds, full yogic	Awareness of support, nurture, letting go Use visualisations of dreaming of floating in space looking at different planets, stars colours etc	Bolsters, cushions, blocks blankets	Support feeding if needed.

Time	Practice/s With and w/out babies.	Description/diagram With and w/out babies	Methods/ How taught	Teaching Points /response to different needs.	Modifications/ Props	Precautions
12.30	Waking from rest	Wiggle fingers toes, stretch, yawn, slowly come to comfortable seated position.	Practice with students/verbal instruct/demo	Move slowly and gently, babies can either stay resting on floor or come to parents lap.	Seating support, cushions, blocks	Suitable for all
	Circle stretch - sun/moon	Bring hands to prayer position, inhale hands up over head, exhale down sides of body x3	As above	Move slowly and gently, parents can assist, babies toddlers if needed.	As above	Suitable for all
	Thank you sun/ earth.	Extend arms over head, thank you to the sun Fold to floor or reach towards floor, thank you to the earth.	As above	As above, or babies watch/ enjoy arm movements	As above	As above
	Finish	Namaste to everyone!				

Hari Om Song

Hari om hari om hari hari hari om x2

Hari om hari om hari hari Ommm (slowly)