

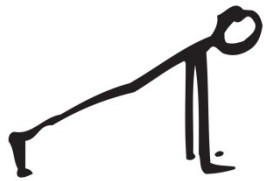


Play with Your Food Jelly-Yoga

Today in Yoga We Practiced:

Today's Jelly (class theme) is Play with Your Food! We will be talking about friendship, feelings and playing with partner poses. You can read more about the current Jelly at www.pbjellyfish.com or [fb/pbjellyfit](https://www.facebook.com/pbjellyfit).

Poses:



Plank
Hot Dog



Balasana
Child's Pose
Cupcake



Dhanurasana
Bow
Apple



Garudasana
Eagle
Wiggly Spaghetti



Class Creation

Warm Up Sequence- Peanut, Peanut Butter & Jelly
Game- Friendship Partner Poses

Mindfulness/Pranayama:

Hungry Belly Breathing – We learned to breathe from our diaphragm in a full, calming breath. When we lie down on our back, we can watch the cupcake on our go up as we breath in and down as we breath out.

Meditation Maze- We practiced a walking meditation with pauses to be still.

Community:

Friendship- We talked about friendship and how our feelings can affect the people in our lives.

Books:

Peanut Butter & Cupcake- By Terry Border. Peanut Butter goes in search of a new friend meeting hamburger, cupcake, and soup along the way.

How are You Peeling?- By Saxton Freymann and Joost Elffers. Expressive fruits and vegetables show us different emotions and how to recognize them.

Chopsticks- By Amy Krouse Rosenthal. Meet Chopsticks! They've been best friends forever. But one day, this inseparable pair comes to a fork in the road. And for the very first time, they have to figure out how to function apart.

Rebecca also teaches private swim lessons at the rec center. To schedule classes, please call 720-202-8057 or fill out a registration form at pbjellyfish.com.

*Child centered learning. Your class may not practice every listed skill

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Name: