

Theme Class: St. Patrick's Day

The shamrock, according to Celtic lore, is said to represent "Belief in your heart. Faith in your mind. Trust in your body." How easy is that to work into a yoga class? Great time to teach a "vocabulary" word—i.e. yoga means union.

Warm-up/BLISS:

-dance a jig (hop in and out of TREE), go over a rainbow (wheel, slide, etc), kiss a blarney stone in BRIDGE pose (Google it...similar body position had to be taken to reach the stone), meet the Lord of the Dance (DANCER), etc.

ALTERNATE BLISS: Use the Pot of Chili BLISS created by Katie Toth (in the manual) and make Irish Stew!

Sun Salutations: Leprechauns are full of shenanigans...so you can do a backwards sun salutation. Here's what it might look like:

DOWN DOG/PLANK/KNEES, CHEST, CHIN/COBRA/DOWN DOG/LOW LUNGE/RAGDOLL/BUTTERFLY UP/BUTTERFLY DOWN/RAGDOLL/LOW LUNGE/DOWN DOG

OM WORKSHOP:

Work on backbends some...camel, bow (pot of gold), wheel (rainbow), Irish potato (knees to chest), could do pretzel pose like you are twisting around to look for the leprechauns.

SONGS/GAMES/ACTIVITIES:

- Rainbow song from manual! If you have colored scarves to pass around, this could be a great video!
- Irish Hot Potato
- Freeze Dance a Jig (download an Irish Jig from iTunes)
- Play Sherlock OMMs but put a gold coin under the "boss's" mat so they are finding a Pot of Gold
- use a strap to draw a rainbow OR do Rock & Roll Plough like they are drawing a rainbow with their feet.

CLOSING CIRCLE:

- Use the talking stick (or the gold coin from earlier), and have them share 1-3 things they are lucky to have in their lives.

**On the Teachers' Forum & on back pages there will be a Shamrock Mandala—there are several available online. Also, there's a file called "Pot of Gold activity". Both of these could be Om-work assignments.

Closing Chant: sing "May the Long Time Sun" since it is of Irish origin.