

Sample FIRST KAY class

Trainees often ask us for ideas for their first class while they are getting their mojo working. Honestly the KAY system is SO easy to use, you will soon find that you won't need any help from us for suggestions of what to teach. All it takes is a little planning. What age are your kids? What sex? Where are you teaching? Are they new or experienced? Once you know all of that, you simply insert the activity into our already fabulous outline. Here is a good plan for class #1!

Look at a copy of your "Class Outline" and follow along:

- FIRST class after training.** Let's keep it simple. This works for all ages and sexes. Steps 1-5 are standard and you just follow along. Do everything on the outline in those steps.
6. BLISS: "Read a Book" followed by YOUR book being about animals (Cat/Cow/Upward dog/Downward dog/Cobra)
 7. Rolling Salutation or Sarge Salutation or both.
 8. Om Workshop: Tippy toes and the crow will HOOK them! (Tree/Eagle/Dancer)
 9. Play Toe-ga followed by Pompom Basketball
 10. Pick partners and do a few partner poses: Elevator up/Boat/Child's
 11. Pick the best song for your group: The Yoga Slide/A Yogi Went to Sea/Yoga Limbo
 12. The Secret Garden
 13. Bunny Breathing/Meditation/Closing circle with talking stick/Om Shanti