



## 30-Minute KAY Class Outline for LIT Video Submission



Not much need to change a thing in a 30 minute class. Just shorten some things.

Always plan a backward bend/forward bend/balance/inversion/twist

1. Kids place their shoes on the shmat/bags wherever they go or near shmat
2. Place mats in two rows facing each other or in a circle
3. Om in, i.e. (Silly Oms/explanation of Om) Yoga is A---OK, or Put on your yoga glasses
4. Meditation discussion (Crazy Monkeys/Koo Koo Head) THEN...  
Meditation (Steps 4 & 5 should take approximately 4 minutes.)
5. SHORT BLISS (4 poses)
6. Sarge Salutations . Maybe just two instead of three. **(Please use call/response! NO music!)**
7. OM Workshop: Learn or review one pose. **(use your pose prose!)**
8. Game and then HIGH ENERGY SONG HERE
9. The Secret Garden **(use the script!)** \*\*Optional insert your Side of Raja
10. Pranayama: 3 quick bunny breaths
11. Meditation: PBWM meditation
12. Closing Circle: Talking Stick/OM Work assignment/Chant
13. Closing Wish: **May the whole world be filled with peace and joy, love and light... and lots of peaceful children! Namaste...  
Namaste... Namaste...**