

# MAKE TODAY AWESOME YOGA

1. Begin with a brief guided meditation (Magical Unicorn) from The Wishing Star by Marneta Viegas.
2. Explain personal mantras. A personal mantra is a positive statement that motivates and inspires you to be your best self. Mantras can help center your mind.
3. Students will then create their own mantra and repeat it to themselves 3x in their mind.
4. Mudras- Sitting in lotus pose, explain mudras. Mudra hand positions are physical gestures that have an effect on the energy flow of the body. The ancient practice of yoga links the hand mudras to the changing spiritual and mental aspects of a person. We will use Prithvi Mudra (connect tip of ring finger with tip of thumb on each hand) to begin the asana (pose) practice. Practicing this Mudra also helps to foster self-confidence and belief in the self. Prithvi Mudra is a great tool to use whenever you need a little dose of confidence!
5. Discuss Ujjayi breath (press tongue to roof of mouth, constrict back of throat, breathe through nose)
6. Yoga Pose (asana) Practice: Start in Lotus or Hero with hands in Prithvi Mudra, take 5 deep breaths.
  - Child's Pose
  - Cat/Cow
  - Down Dog
  - Sun A (tadasana, forward fold, ½ lift, chaturanga, up dog, down dog)
  - Sun B (utkatasana, forward fold, ½ lift, chauranga, up dog, down dog, warrior I, warrior II, reverse warrior, chaturanga, up dog, down dog)
7. Self-Confidence Sequence
  - High Crescent Lunge
  - Eagle
  - Warrior III
  - High Crescent Lunge
  - Twisted Crescent
  - Warrior II
  - Reverse Warrior
  - Chaturanga
  - Up Dog
  - Downdog
  - Repeat 2x on each side
  - Tree Pose
  - Dancer's Pose
8. Closing meditation. Loving Kindness Meditation. At the close of the meditation have them repeat their personal mantra they created in their mind 3x.