

Easter Lesson Plan

Context: *The Country Bunny*, by DuBose Heyward,
Pictures by Marjorie Flack

This is a classic tale that inspires children of all ages to be
wise, kind, and brave.

Centering: Listen to Spring Peepers

Pranayama & Meditation: *So hum & Ham sa* mental mantra recitation
coordinated with breath -

Use the mantra to maintain focus throughout your practice.

Warm-ups: Table Warm-up Vinyasa (see video)

Cat & Dog > Abdominal lifts or pumping >

Open Gate & See-Saw (to the right) >

Cat & Dog > Abdominal lifts >

Open Gate & See-Saw (to the left) >

Cat & Dog > Abdominal lifts >

Camel & Extended Child

Lift into forward fold and swing, twisting side to side, breathing into your
ribs,

ruffling and smoothing out your swan feathers. Roll up to standing.

Asanas: Eagle

Vinyasa: Begin as for Sun Salutation

As you Swan dive down, add the vibrations of OM >

Step back with left foot into lunge >

Drop left knee and raise arms overhead

(Rock softly back and forward, feeling the left quad engage and stretch.

Feel the play between upward, *Udana Vayu*, and downward, *Apana Vayu*,
energy flows) >

Find your midpoint and reach arms up and back with chin in a neutral
position >

Drop arms and glide hips back towards your heels,
stretching the right hamstrings >

Return to lunge and twist to right with hands interlaced with middle fingers in Steeple (*Ganesha*, elephant, *Mudra*). Sense the *Apana Vayu* of a heavy elephant. >

Draw right leg back into Child >

Cobra > DD

Step Left leg forward into lunge and continue with the play of *Udana* and *Apana Vayus* on opposite side >

Hamstring stretch > Lunging twist with *Ganesha Mudra* >

Child >

1/2 Bow on each side >

Full Bow (imagine you are a swan boat on the Boston Common)

Supine: Lift both legs and open and close them several times.

Then open on an inhalation and take three or more breaths to close them.

Remain still on each inhalation and close legs just a little on each exhalation.

Try two legged twists with arms in a low T

(Lift to center on the in breath > Exhale & lower both legs towards one hand, turning the nose in the opposite direction > Hold for a breath >

Inhale & lift to center again > Exhale & lower to floor

<< repeat, alternating sides as many times as you like.)

Hammock > Bridge (thighs in a vertical position as if holding a block)

Relax! Listen to more Spring Peepers or your favorite sounds from nature...

I am wise, kind, and brave. I am wise, kind, and brave.

I am wise, kind, and brave.