Yoga

1. Introduce the story and concept

**Hello, I am Yoga Instructor (insert name here), and I will lead you through the depths of Yoga this afternoon. We will begin with a short and small warm up before we proceed into the story. The story will consist of different characters, and each description and action in the story will relate to a movement that you will do. Please, follow me as a perform each move, as it will help you further relate with the story and feel more relaxed. We will now begin our warm up.**

1. Get Yoga clothing on

**Intro**

Sit cross legged, and keep your hands relaxed right on your knees. Close your eyes and focus on getting rid of all thoughts. Clear the mind of anything that may be distracting you. As you keep your spine straight, breathe slowly in through your nose, and out through your mouth. Let me remind you that I have no previous yoga experience, so please follow along. In through your nose, and out your mouth. Brings your arms up, and touch your fingertips at the top. Hold that position as your lean over ever so gently to your right. Now, lean more over to your left. Slowly bring your arms back down to your knees. Take a few more deep breaths. In the the nose, out through the mouth. Remove all thoughts from your head, and feel the bliss course throughout your body. Open your eyes, and we will begin our journey through the long and relaxing **course** of yoga.

**Story - Begin on all fours**

In the land of BBYO, there once lived a lion (up from the knees and giving a growl). He was a Majestic Lion, and loved to go a pick out flowers (arms branch up) from his favorite garden. When he went today, however, it was more windy than usual (side to side). The wind howled (howl) and the lion noticed a change in the flower. One flower, in particular, had blossomed. As the lion went down to pick up the flower (balance on one leg), he noticed that the flower looked a little down (spread your legs and reach down). He smelled the flower (breathe in, breathe out), and exhaled. He sat down and observed the flower between his leg (sit down and spread, reach down). The lion noticed that the flower, seemed sad, was missing a pedal (hands flicker from top to bottom).

 It soon began to precipitate, and the lion didn’t want to let the flower to stay in the wet and cold. He slowly got back up and began