**Kindness through Yoga Script**

* **Props needed:**

Scarf

Ball (Spikey if have one)

Mats – If out on the floor

Bubble machine/Bubbles

Lights – Of one colour/slow moving (no disco balls)/Finger lights

Incense or aroma stream (optional – to be put on at the start)

**Pre pose preparation:**

***Breathing***

* Promote grounding with a focus on breathing.
* Options:

Place one hand on back or both hands on shoulder

Can use material to visualize breathing pattern

(Can do both or either)

***Namaste – Say hello; Namaste means ‘The light in me says hello to the light in you’***

Bring learners hands together and squeeze when they are together, release and repeat

**Poses**

***Mountain Pose***

Squeeze and massage down learner’s arms as you rest them down by their sides

***Warrior Pose***

Support learners to stretch out arms to the side.

Use spikey ball to roll across learners arms

Or place ball in eye line so learners can independently stretch out forwards

***Downward dog Pose***

If sitting up: Sit in front of learners and gently pull arms forwards (similar to row row your boat)

If lying down: Support learner to roll onto their side and back onto their back – repeat motion

If in chair: Place spikey ball down by knees/use lights near to knees to encourage learners to reach downwards

**Cobra Pose**

If lying down: Support learners to lie on their tummy, use spikey ball/lights encourage them to lift their head up

If in chair: Lift arms upwards or place spikey ball high up/use lights to encourage them to lift their head up

***Tree pose***

If lying down: Support learner to lie on their back lifting one leg up into position at a time

If in chair: Support learners to raise knee one at a time

**OM relaxation**

Relax with bubbles. Sensory lights/Scents to finish the session.