

Teaching English lessons

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# Yoga and relaxation

# Yoga and relaxation

What do you know about yoga?

- Which country does yoga come from originally?
- What do we do when we do yoga?
- Have you ever tried yoga?



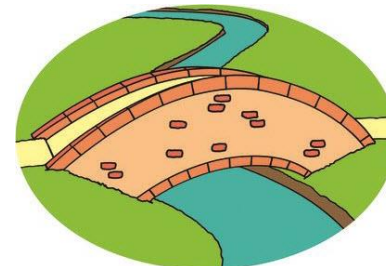
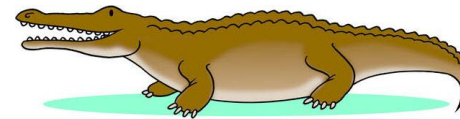
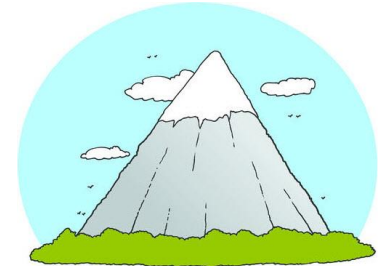
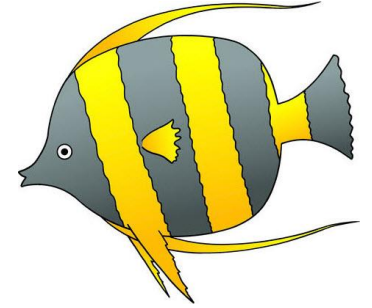
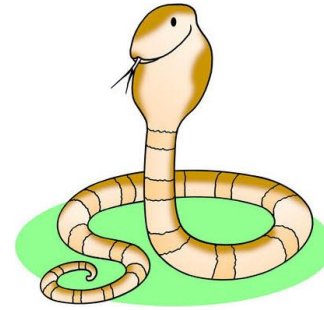
# Yoga and relaxation



Lots of yoga poses have the names of animals or things from nature.

- Look at the pictures. Can you guess the names of the poses?
- Do you know, or can you guess, the names of some other poses?

Write in the chat!



# Yoga and relaxation

 Let's do the Easy pose together.

- Sit on the floor.
- Check you can see your screen.
- Listen to my instructions and copy me.




# Yoga and relaxation

 Now let's warm up together before we do some more poses.

- Stand up.
- Check you can see your screen.
- Listen to my instructions and copy me.



# Yoga and relaxation

 Can you make a sentence using these words?

Stand up straight.				
Breathe in. Breathe out.				
		left/right leg legs left/right arm arms	on above behind in front of under	your ...
				you.
Put	your	left/right foot feet	to the left. to the right. forwards. backwards. up. down. together. apart.	
Stretch		left/right hand hands		
Bend		left/right knee knees		
Straighten		left/right thigh thighs		
Turn		head		
Shake		body		

# Yoga and relaxation



Look at the picture that your teacher gave you.

Write instructions for this pose.

Check your instructions work.



Then tell another classmate or your class how to do it.

Stand up straight.				
Breathe in. Breathe out.				
			on	your ...
			above	you.
Put			behind	
			in front of	
Stretch			under	
Bend	your		to the left.	
			to the right.	
Straighten			forwards.	
			backwards.	
Turn			up.	
			down.	
Shake			together.	
			apart.	

# Yoga and relaxation

What can you see in the picture?

At the end of a yoga class, people usually do a relaxation.

- Sit or lie comfortably.
- Close your eyes and relax.
- Listen.
- Imagine the story.





# Yoga and relaxation

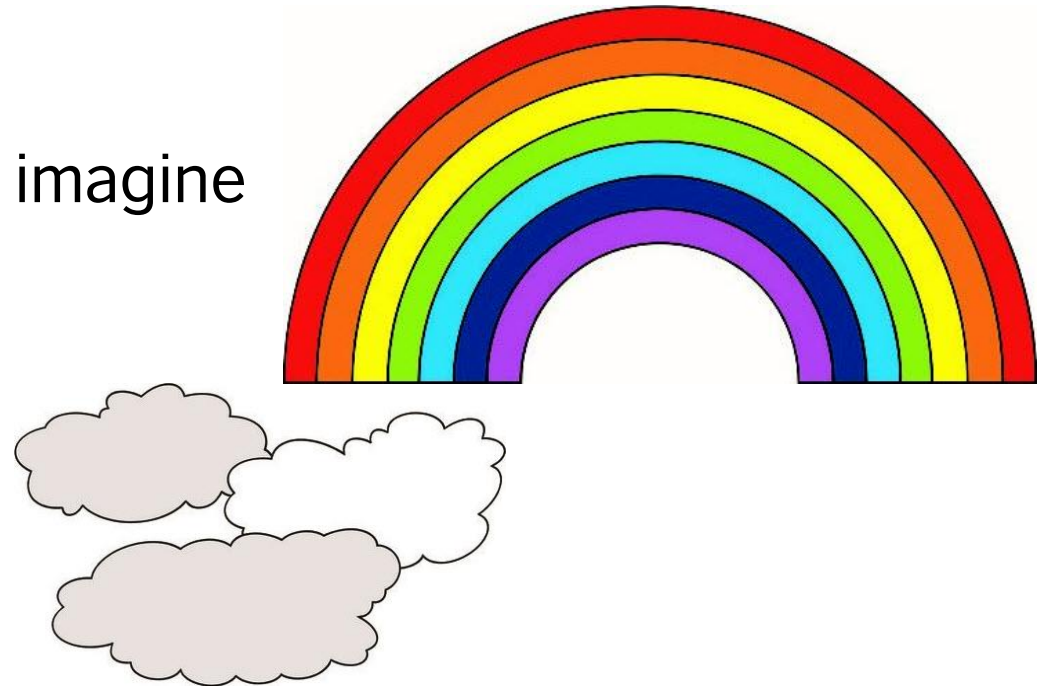


Draw a picture of the story you just heard or something else that makes you feel relaxed.

When you've finished, describe your picture to another classmate or your class.

Ask them to close their eyes, relax and imagine your picture!

Use a slow, gentle voice.



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Thanks for coming!