

Class Structure:

An example of the class structure for children aged 3-8 is outlined below. The classes last 30-minutes. With young children it is often necessary to tailor the class to reflect their energy levels and mood. As such not all sessions will exactly follow the structure outlined below.

- **Sitting Still:** Classes typically start with a short period of the children sitting still in a crossed legged position. Children would be encouraged to put their hands on their tummies to feel their breath. The emphasis during this period is on sitting up straight and trying to focus attention and to set rules for the class. The rules including sticking to mats and respect for others. This section of the class would normally last less than 5 minutes.
- **Postures:** The second section of the class is postures. The section is interactive and children would be undertaking postures including “lion”, “camel”, “dog”, “cat”, “snake” and “giraffe”. Games include “musical statues”, “grandmas footsteps” and partner work. Postures are held for a short period of time and the emphasis is on stretching, having fun and imagination. This section typically lasts around 10 minutes.
- **Story Telling:** The third section of the class is a story. The instructor will describe an adventure. This could be for example a trip into a jungle or a rocket trip to the moon. The children will be encouraged to help decide the narrative of the story and of course act out the adventure. Children love this section. It typically lasts 10 minutes.
- **Relaxation:** The teacher will slow the pace and then gradually end the story and calm down the children. There is typically a period of sitting and then often the children are encouraged to put small bean bags on their tummies to see the impact of breathing. For the last couple of minutes of the class they are encouraged to cover their eyes with the beanbags, gently shake their “spaghetti legs and arms” and to stretch out on their backs “like a star”. The teacher will often play “relax kids” music at this point. Finally they are gently “woken” by the instructor who will thank and encourage them.