

HAPPY HALLOWEEN YOGA TRICKS & TREATS



GROUNDED KIDS



groundedkids.com

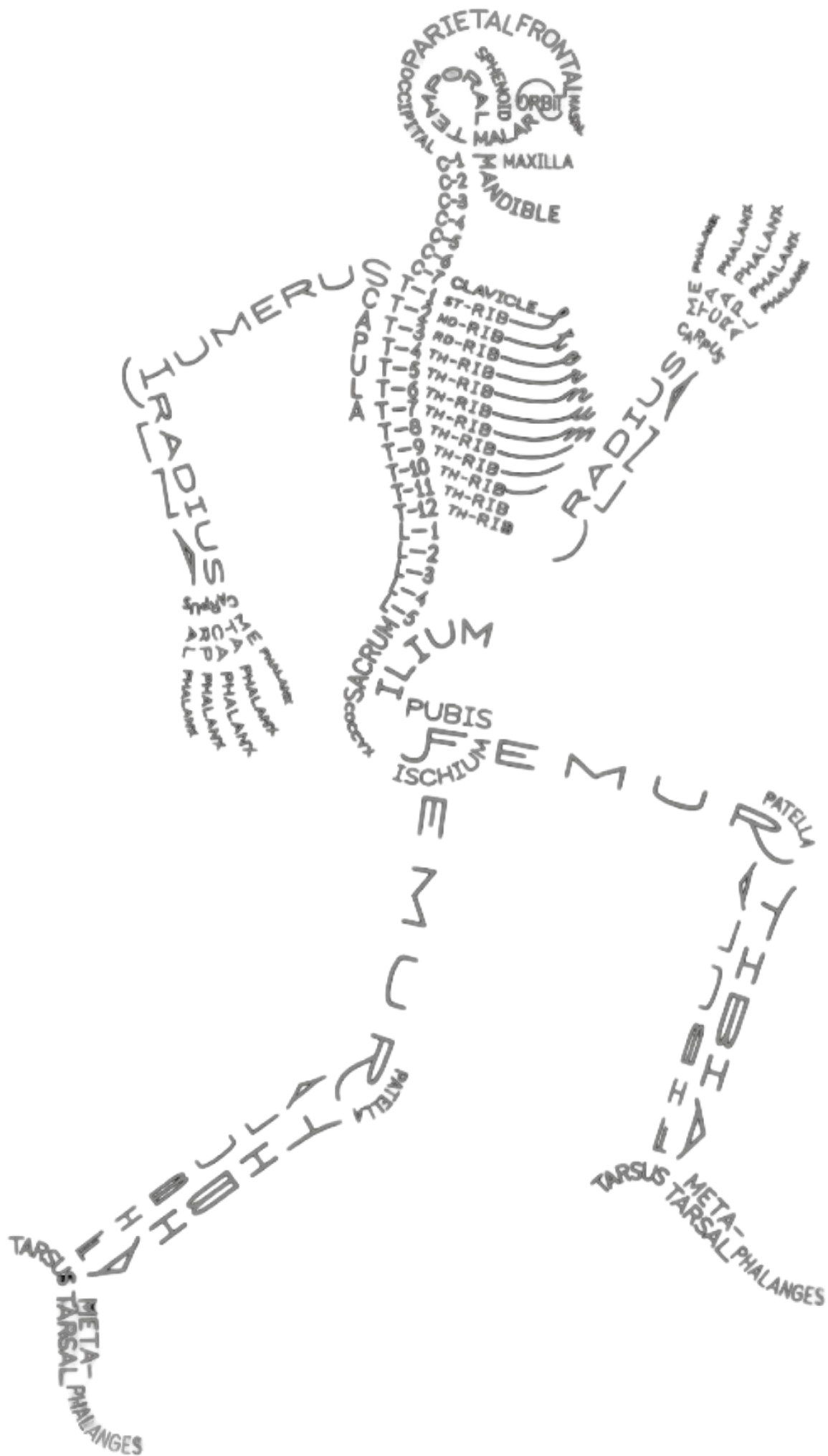
LESSON PLAN IDEAS

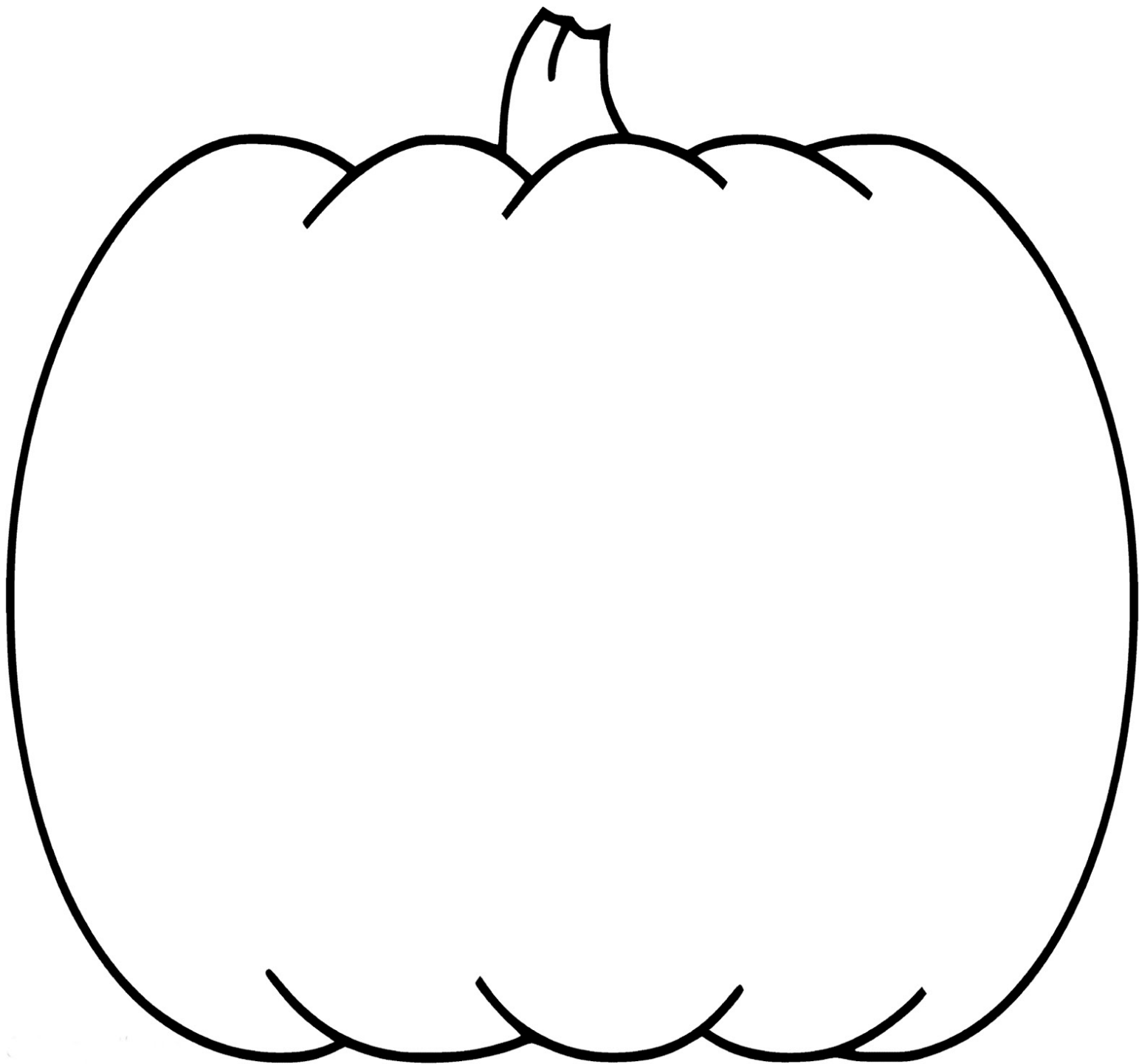
Here are some materials and yoga pose ideas to support your children's yoga classes when theming about Halloween. When planning classes for younger children, have fun imagining how it feels to be the different animals and characters. For older kids, go deeper and talk about concepts such as fear and adrenaline and why many people like being momentarily afraid. Talk about getting stuck in fear and how to regulate the nervous system through deep breathing and movement. They can inhale and think "I Am" and exhale and think "okay".

Here are some other ideas to sprinkle into your teaching.

- How does light conquer darkness?
- What does it look like to face your fear?
- What does it mean to be brave?
- What does it mean to feel safe?
- How do you feel when you are dressed up in a costume and/or mask? Can you relate this to every day experiences?
- What is the difference between a good witch and a bad witch?
- Look at the skeleton with the name of the bones. Learn the scientific names for your bones and name them while in poses.
- Look at the decorated skull image and find what is beautiful to you. Decorate your own skull picture.
- Turn the pumpkin into a jack-o-lantern. Write words that light you up when you hear them to bring light into your pumpkin
- Be creative and color in the skeleton with a hat.

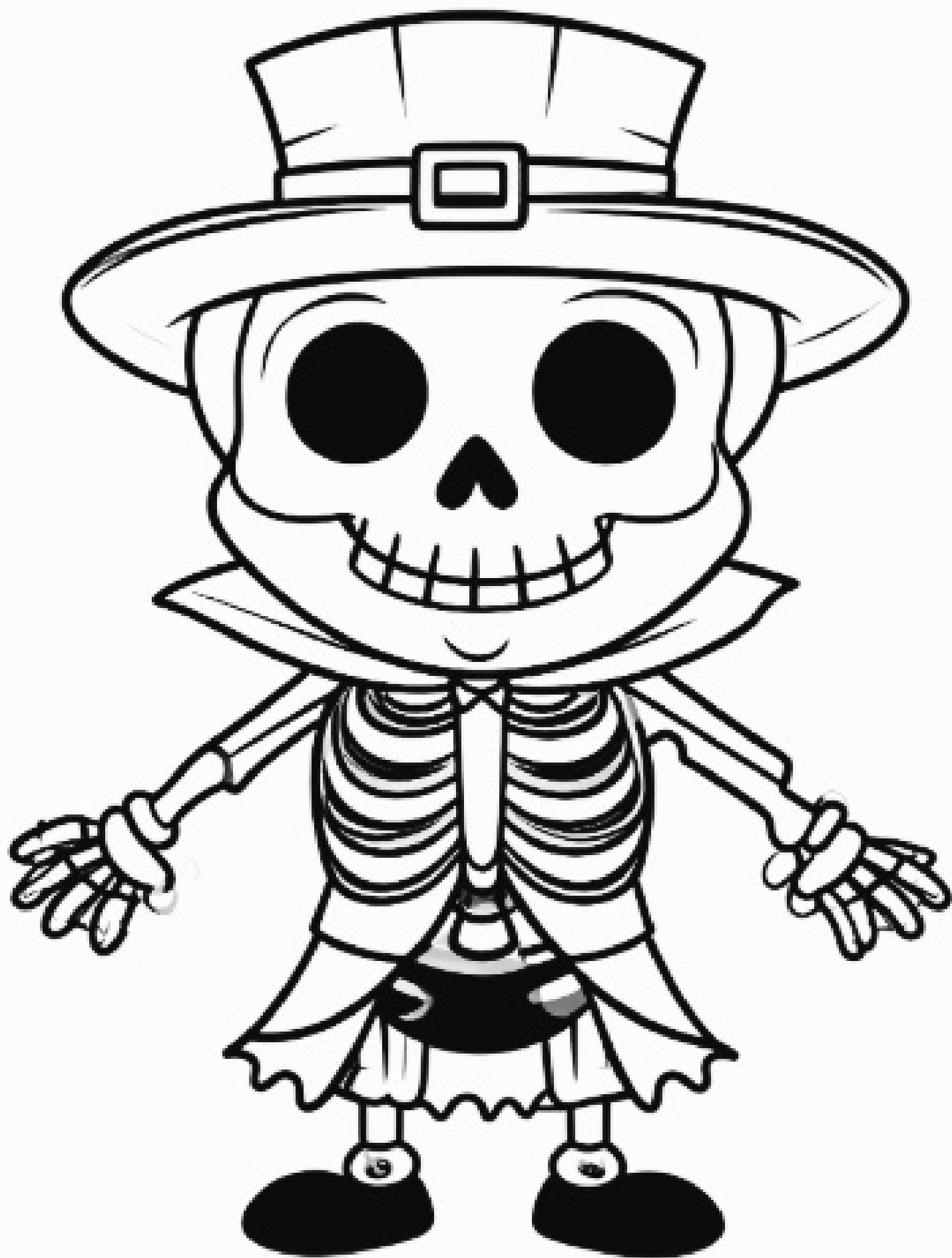














Just Breathe



Ground Work

Close your eyes. Bring your awareness to your natural breath. Tune into your own internal elevator. Through your nose, inhale a spacious breath into your basement. Pause. Exhale the breath from your basement all the way up into your heart, into the roof of your mouth. Pause. Establish a steady rhythm of your breath. Breathe evenly by counting to 5 as you inhale and counting to 5 as you exhale.

Ground Breaking

Increase the number count and practice for 3 or more minutes. Use this breathing technique several times through- out the day.

Ground Level

Notice the length of your inhalations and exhalations without attempting to change either.

Ground Effect

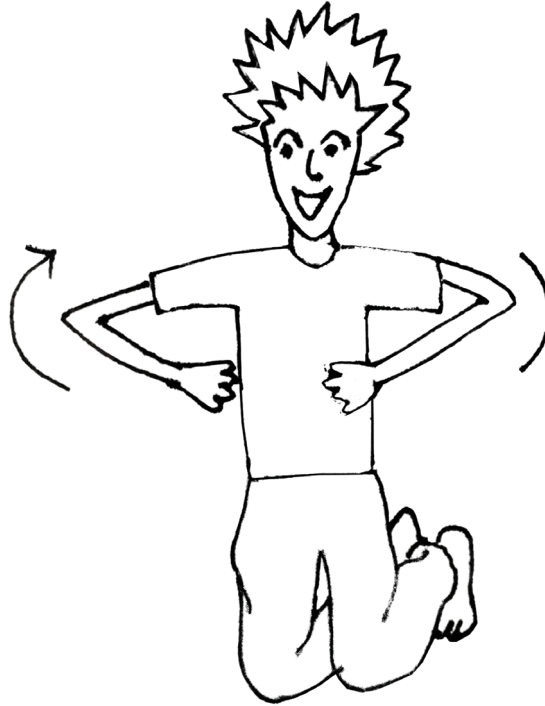
- Increases lung capacity
- Highlights your mind-body connection using the breath



JUST BREATHING BONES



Washing Machine



Ground Work

Kneel with your feet and knees hip distance apart. Bring all of your dirt and wrinkles to this pose. Press your belly button in to start. Place your hands on your sides, holding high onto your ribcage. Fill up with breath as you lengthen your torso. Exhale and press your elbows out away from each other. Inhale and twist to the left. Exhale as you twist to the right. Twist from side to side as you continue to inhale to the left and exhale to the right. Breathe powerfully through your nose and allow your breath to lead the movement. You will begin to sound like a washing machine – busy at work cleaning up everything. Use each inhalation to power through the dirt and each exhalation to scrub away the stains.

Ground Breaking

Close your eyes and go as fast as you can. Keep your breath strong and loud. Feel the expansion and contraction of your ribcage as you breathe.

Ground Level

Move slowly with longer, deeper breaths.

Ground Effect

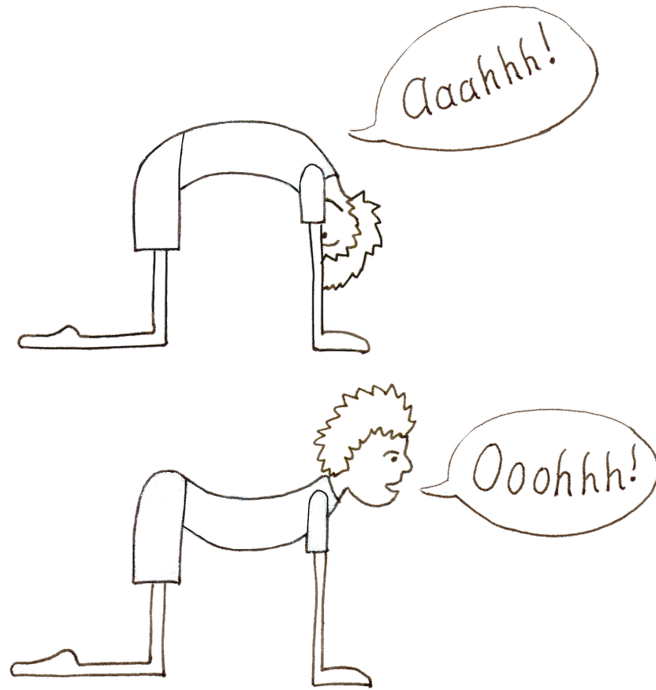
- Adjusts and releases tension in the entire spine
- Gets rid of negative emotions
- Acts as an “inside scrub” to clean and detoxify your internal organs



TWISTING BONES



Cat Cow



Ground Work

Begin in Tabletop. Line up your wrists under your shoulders and place your knees hip width apart. Inhale as you spread your fingers wide and press the floor. Lengthen from your hips up to your armpits. Exhale and round your spine to the sky like a scary cat. Pull your front body toward your back body. Inhale and lift your tail and both sides of your throat up to move your spine in the opposite direction. Sag your belly like a happy cow. Move your spine in rhythm with your breath slowly and deliberately back and forth.

Ground Breaking

Close your eyes and breathe.

Ground Level

Move into Dark Seed Light pose after each repetition.

Ground Effect

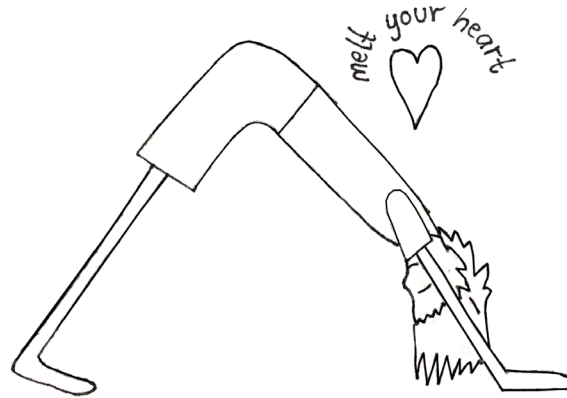
- Nourishes the spine
- Energizes the body and mind
- Improves circulation
- Reduces stress



BLACK SCARDY CAT



Down Dog



Ground Work

Spread your fingers evenly and press them into the ground. Push your hands down and forward. Stretch your hips up and back. Press the inner edges of your hands down and lift the inner shoulders. Point the biceps in and squeeze the elbows straight. With each breath in lift your tail higher. With each exhale stretch from your heart in all directions.

Ground Breaking

Remain in this pose for 3 full breaths. Lift one leg at a time and shake it gently.

Ground Level

Keep both knees bent and press the top of your thighs back to create a curve in your low back.

Ground Effect

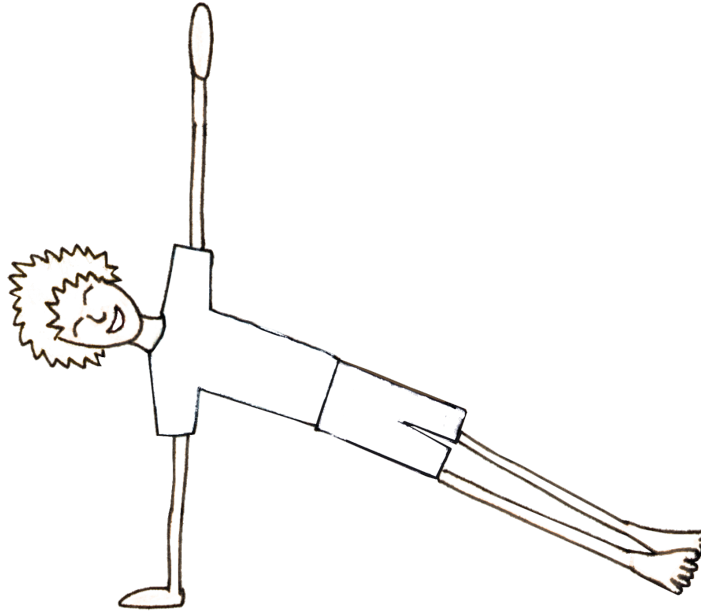
- Strengthens the arms, legs and torso
- Stretches the palms, chest, back, hamstrings, calves and feet
- Stimulates the mind
- Improves focus



WITCHES' HAT



Over The Rainbow



Ground Work

Clear skies are ahead and bluebirds are singing. It's time to go over the rainbow. From Down Dog pose, shift onto the outside edge of your left foot and stack your right foot on top of the left. Place your right hand onto your right hip – turning your torso to the right while supporting the weight of your body with your left foot and your left hand. Take in a full breath, drawing energy from your hands into your shoulders. Exhale and extend from your core into your feet. Press your shins together. Straighten your arms and legs. Reach your hips up high. Gaze up above the chimney tops and smile! Hold for three or more breaths. Return to Down Dog pose and repeat on the other

Ground Breaking

Take hold of your top foot, holding onto your big toe or the outside of your foot, and extend your leg up toward the sky.

Ground Level

Instead of stacking both feet on top of one another, take your top foot and put it flat on the floor in front of your supporting leg. Line your knee up with your hip. Practice this pose against a wall for better balance.

Ground Effect

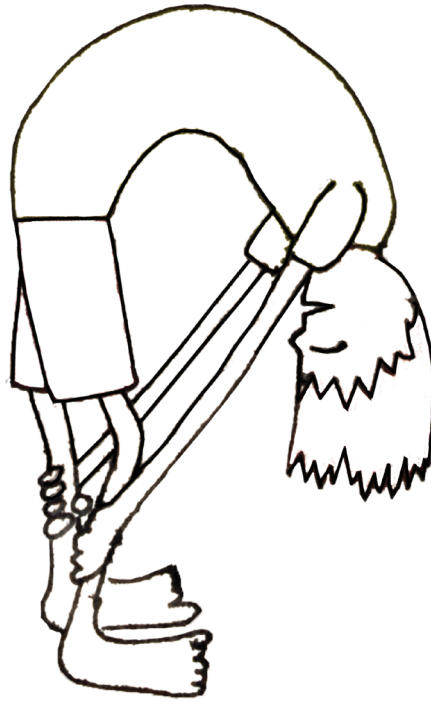
- Strengthens the arms, abdominal core and legs
- Improves concentration



OVER THE GRAVEYARD



Go To Your Room



Ground Work

Think about a time when you have felt disconnected and perhaps a little reckless. Experience the sensation in your body from that memory. Get ready to claim your personal space! Grab your ankles. Root all four corners of your feet. Stomp back and forth on the ground as loudly as you can. Stomping will help ground you into the earth. Bend your knees to 90 degrees. Keeping knees bent, lift up and draw your hands back toward your shoulders. Use both hands to slam an imaginary door shut as you exhale a groan the whole house can hear. Fold forward and honor the solitude of quiet time.

Ground Breaking

Stomp slowly, steadily and heavily around, covering as much space as possible.

Ground Level

Hold onto your shins or thighs instead of your ankles.

Ground Effect

- Aids in digestion
- Prepares the mind for total relaxation



SKELETON STOMP



Whistle While You Work



Ground Work

Step your feet hip distance apart. Keep your ankles in line with your knees and in line with your hips. Root your feet into the earth. Bringing your hands behind your back, clasp your elbows or bring your palms to touch together at the base of your heart. Inhale and rise up high onto your tiptoes. Exhale and bend your knees. Stay high on your toes. Maintain a long spine. Whistle or hum while you work to hold this pose!

Ground Breaking

Tip toe forward and back as you whistle and work.

Ground Level

Keep your heels down on the ground.

Ground Effect

- Creates flexibility in the hip joints
- Strengthens and firms all muscles in the thighs, calves and hips



MONSTER MOAN WHILE YOU WORK



Serious CrowPlayful



Ground Work

Crouch down with your knees open and your toes pointing out. Claw the floor with your hands. Bend your arms slightly at the elbows. Take your right shin to the back of your right upper arm. Hug energy into your power center as you slowly lean forward and lift your left shin to the back of your left arm. Inhale, be serious! Hug in to center your body weight. Exhale as you lift your feet up and begin to straighten your arms slowly. Balance high on the backs of your arms. Squeeze your feet together. Playfully shine your face forward. Give yourself something to crow about!

Ground Breaking

Jump back to Plank pose.

Ground Level

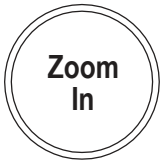
Lift only one foot off the floor.

Ground Effect

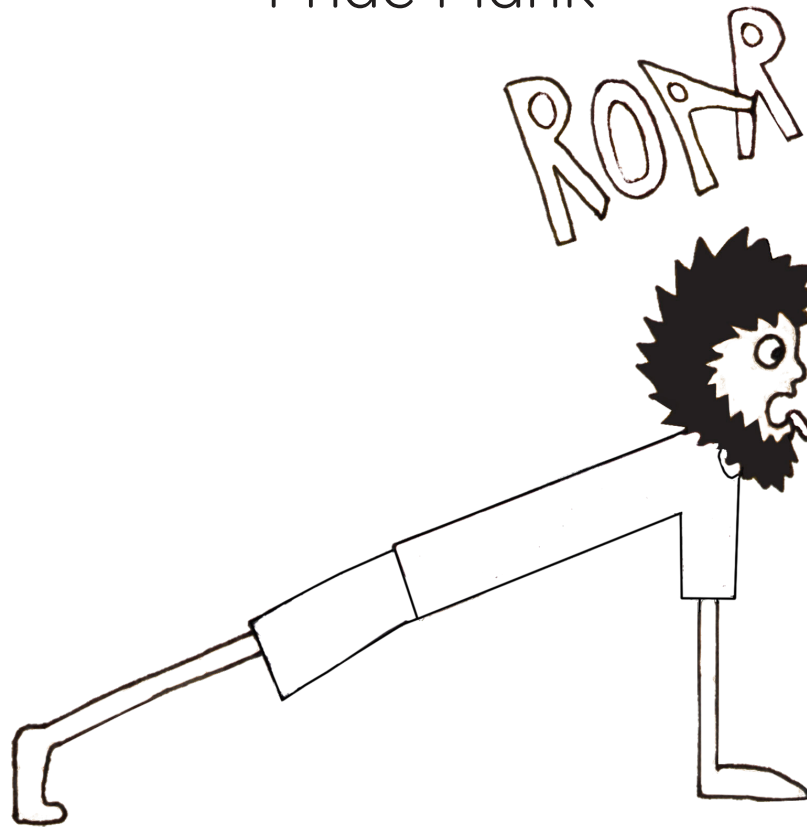
- Builds confidence
- Improves balance and coordination
- Strengthens the abdominal muscles, building core strength



SCARY BLACK CROW



Pride Plank



Ground Work

Press your finger pads and knuckles and perimeter of palms of each hand down evenly. Keep both feet hip distance apart like the top of a push-up. Create a straight line from your head to heels. Lift the chin slightly and look straight ahead. Inhale the sides of your body long and full. Firm your arms. Exhale and extend the crown of your head forward and reach your heels back. Inhale with the intensity of a lioness about to pounce. Exhale through your mouth, sticking your tongue out as far as you can to release your jaw. Look up between your eyebrows. Take a full breath in and ROAR! Allow yourself to sigh or scream out any tension you have inside.

Ground Breaking

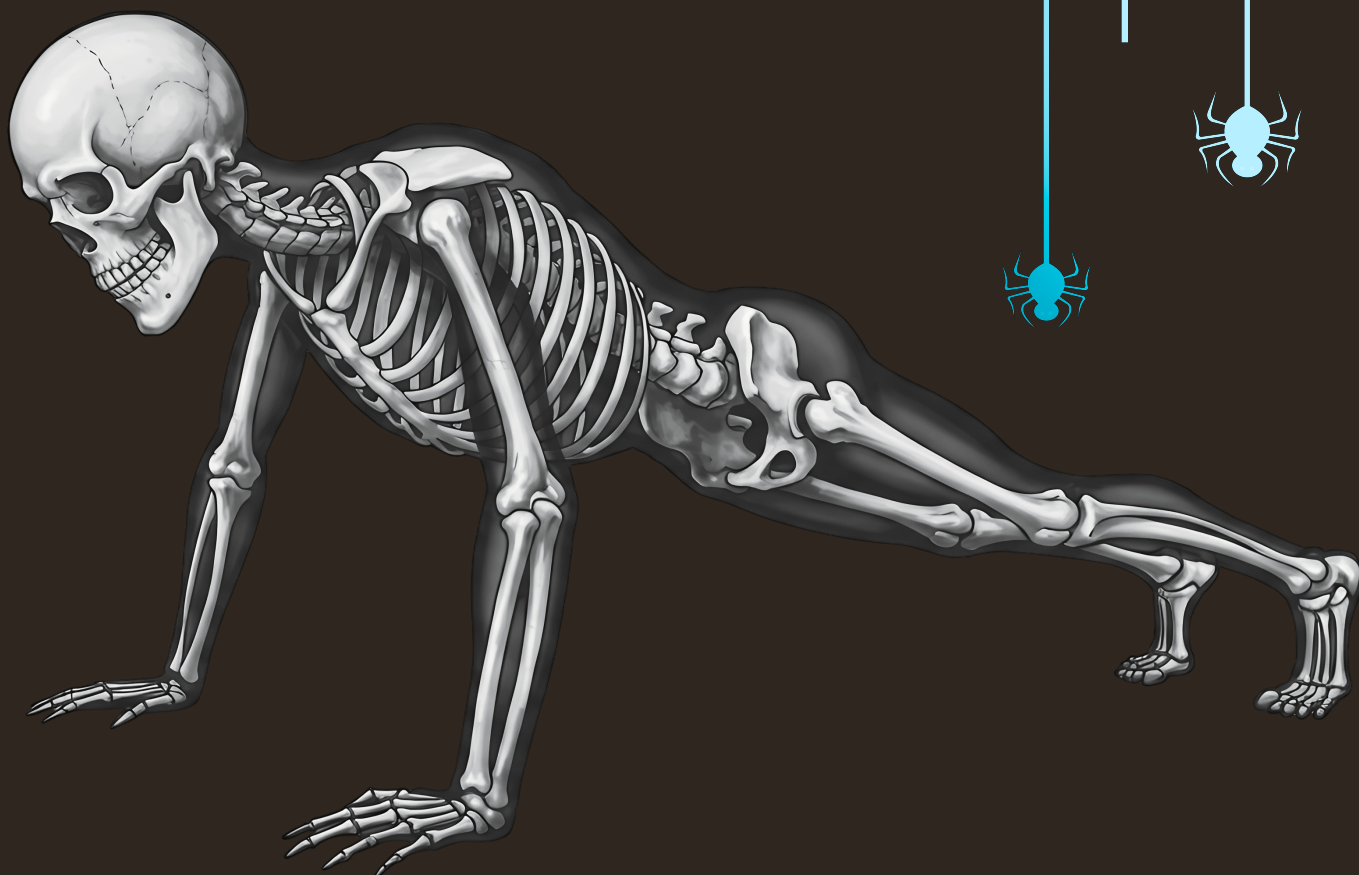
After coming into the position, inhale and lift one leg parallel to the floor.

Ground Level

Place your knees on the floor. Roar silently.

Ground Effect

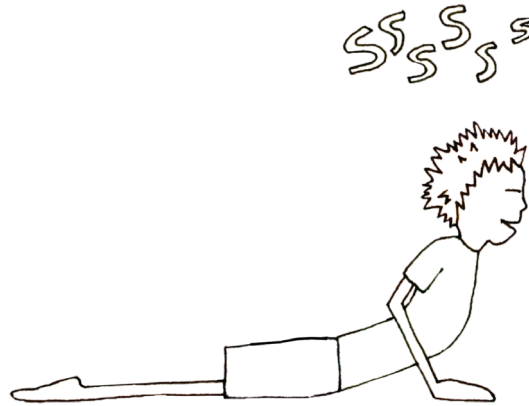
- Strengthens the legs, back, abdominals and shoulders
- Develops focus and concentration



SILENT SKELETON SCREAM



Snake



Ground Work

Press the tops of your feet into the ground. Exhale. Place your hands outer shoulder width apart with the wrists directly below the elbows-forearms vertical. Activate your hands underneath your shoulders. Inhale, look forward and lift the chest to bring the shoulders as high as the elbows-upper arms parallel to the floor. Exhale, root your shoulder blades into the base of your heart.

Ground Breaking

Curl your chest up until your arms are almost straight.

Ground Level

Bring your hands further apart and forward.

Ground Effect

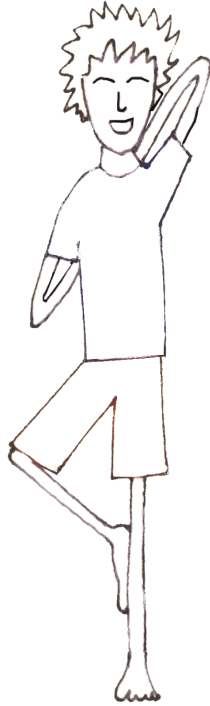
- Helps relieve stress and fatigue
- Opens the heart and lungs



SNAKE SKELETON



Root Tree Rise



Ground Work

Root your left foot into the earth. Exhale, bend your right leg and place the sole of that foot on the inside of your left leg anywhere other than your knee. Keep your toes pointing down and your knee reaching out to the side as your foot and leg press into one another. Inhale and reach behind your waist to place your right hand on your back between your shoulder blades, keeping your fingers facing up. Exhale, stretch your left arm above your head, lower your hand behind your back and clasp hands. Rise up inside with your breath as you open your shoulders and stretch your branches. Exhale, expand and explore. Stay balanced by softly gazing at an immobile object. Experiment with gazing both outward as a tree rising up toward the sky and inward as the same tree roots down into the earth. Inhale and gently release your arms.

Ground Breaking

Challenge your balance and close your eyes.

Ground Level

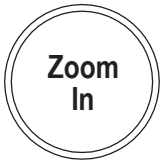
Hold a strap in your hands instead of grasping your fingertips.

Ground Effect

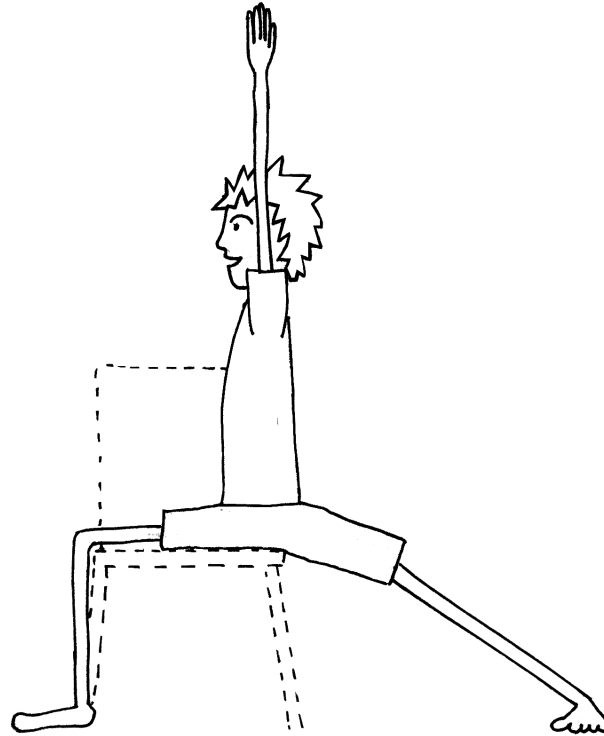
- Fosters focus and concentration
- Calms and soothes the nervous system



SPOOKY TREE



Warrior 1 with Harmony



Ground Work

From Warrior Stance square your hips toward your front knee. Inhale and bring your palms together in front of your heart to create the harmony gesture. Keep your gaze focused on your hands. Exhale, reach strongly through your arms up to the sky. Inhale, return your hands to your heart. Exhale and extend harmony out into the Universe. Inhale and bring harmony into your own heart.

Ground Breaking

Repeat for 10 breaths on each side.

Ground Level

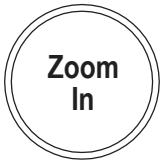
Practice this pose with a chair for better balance.

Ground Effect

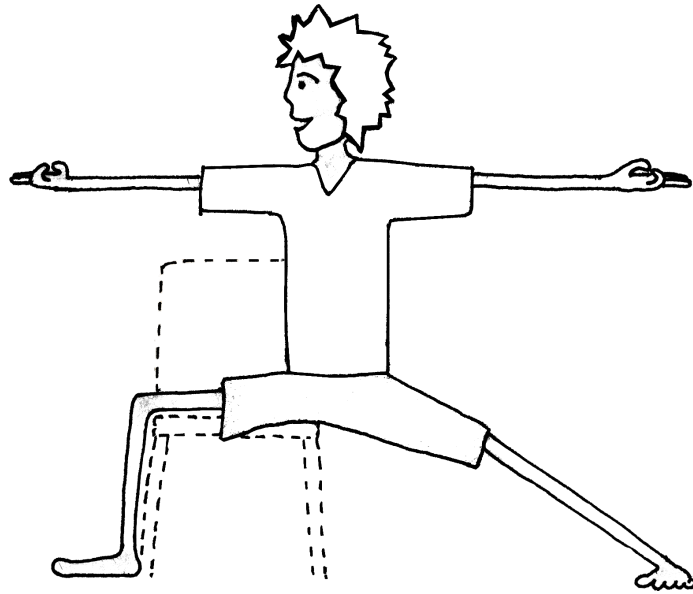
- Strengthens the arms, belly and legs
- Improves sense of balance
- Builds focus
- Develops willpower



WITCH I WITH HARMONY



Warrior II with Clarity



Ground Work

Begin in Warrior Stance. Extend your arms out to the side and turn your palms down. Touch your thumb and pinky together. Extend your middle three fingers straight. Focus on the three fingers of your right hand. This gesture is the seal of mental clarity and opens the capacity to communicate clearly.

Ground Breaking

Hold for 10 breaths.

Ground Level

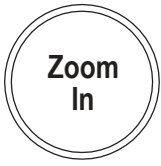
Place your right thigh on a chair.

Ground Effect

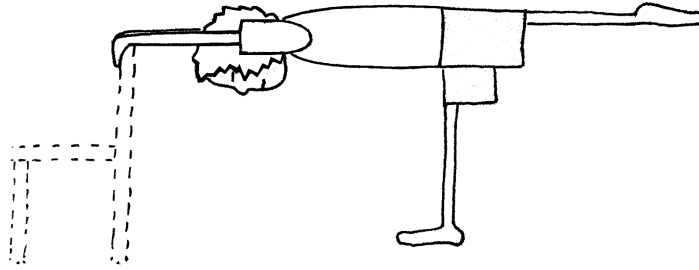
- Improves focus and concentration
- Strengthens the arches, ankles, knees and thighs



WITCH II WITH CLARITY



Warrior III With Intention



Ground Work

Inhale and stretch your arms forward, parallel to the floor with your palms together. Interlace your fingers, extending your pointer fingers. Exhale and extend your back leg up as you shift your weight to your front foot. Straighten and strengthen both legs. Level your hips so they are parallel to the floor. Bring arms, torso and back leg parallel to the floor. Lift the back foot and hands slightly higher than the shoulders and hips. Expand your aim.

Ground Breaking

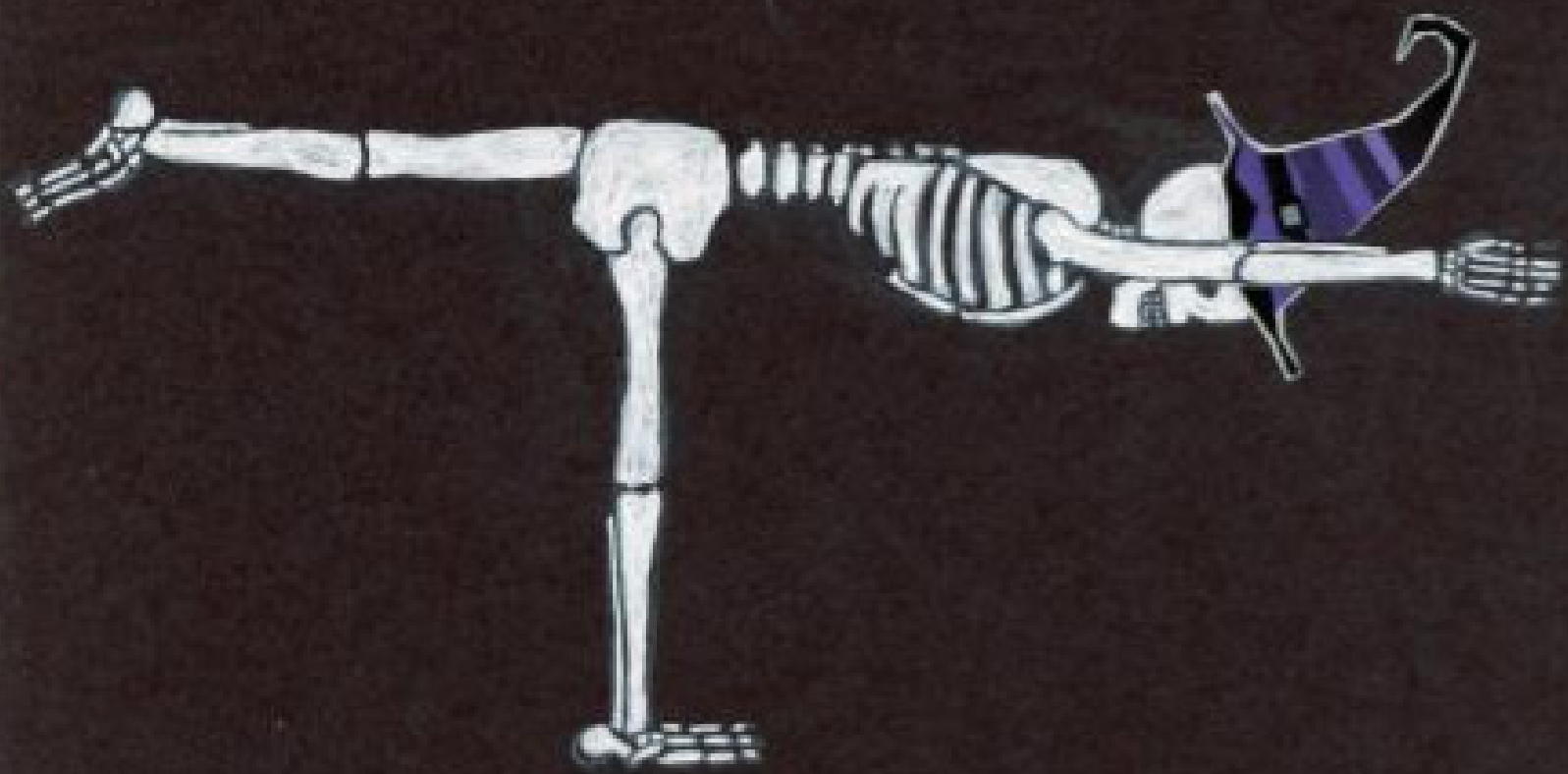
Hold for 10 breaths on each side.

Ground Level

Place your hands on a solid surface such as a chair or table top. Bend the top leg.

Ground Effect

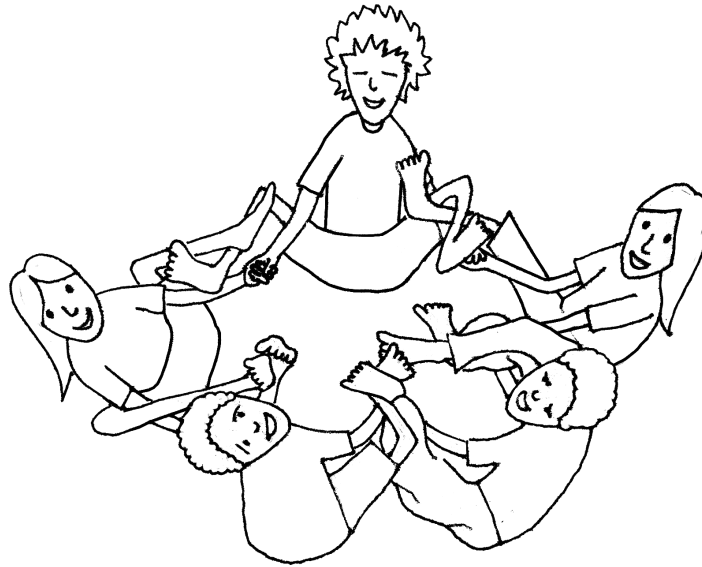
- Strengthens the shoulders and muscles of the back
- Tones core muscles
- Improves balance and posture



WITCH III WITH INTENTION



Garden Club



Ground Work

Every garden needs balance to grow vibrant and healthy. Sit in a circle close enough to hold hands. Bend your legs and open them apart to slide your hands inside and under the back of each knee. Root deeply into the earth through your sitting bones. Inhale and lift your feet off the ground to blossom. Turn your palms to face the sun. Exhale as you balance. Inhale and grasp the hands of the people next to you. Individually, you are a unique, picturesque flower. Connected, you are part of a garden masterpiece.

Ground Breaking

As a group, fold forward as if you are a moon flower closing in the sunshine and then opening to the moon without releasing hands.

Ground Level

Keep one foot on the ground to help with balance.

Ground Effect

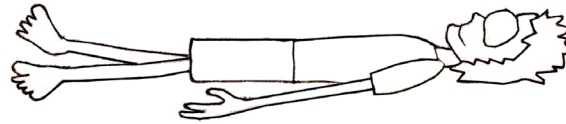
- Increases balance and body awareness
- Encourages individuality within a group
- Strengthens core muscles



PUMPKIN PATCH CLUB



Resting Pose



Ground Work

Lie on your back with your legs out long in front of you. Allow your feet to fall open. Bring your arms out to the sides of your body, palms facing up. Close your eyes. Settle and get heavy, descending your weight to the earth. Know that you are completely and totally supported as you lie on solid ground. Feel the pulse of your breath. Tune into the rising and falling of your breath like waves of the ocean. Find the place inside where you are steady, heavy and held by something bigger. Soften every muscle into the earth. Find space. Release all of your muscles and relax. Allow yourself to settle, secure and grounded in the final pose of your practice.

Ground Breaking

Insert specific guided visualizations into the above paragraph for unique experiences. Remain in Savasana for 10 minutes.

Ground Level

Simply focus on your breath as you lie on your back in this pose. Remain only for a couple of minutes or the length of a short, relaxing song.

Ground Effect

- Allows your entire body, mind and energy to adjust to what you just did in your yoga practice
- Savasana allows you to receive all the benefits of the poses



REST YOUR BONES