



Summer Happiness Beach Yoga Class Plan



Age: All Ages

Props: None

Duration: 25/30mins



Visualize yourself at the beach

Warm Up:

Sun is Shining - Let's say hello to the Sun (Breath of Joy) x4
Pause and feel the sun shining his / her light on you - SMILE!

Let's go to the beach - Put your swim suits & Sun Screen on

- Standing Forward Fold put swim suit on
- Stand and rub body, and pitter patter (tap) to get Sun Screen on

Let's pack our beach bag's"

Star jumps on mat to collect our bag, towel, flops, sun hat, umbrella and beach ball (for each item have some fun as you place it into bag)

Mountain Pose - pause and feel the sun shining on your skin - Breathe & Smile

Main Body:

We are ready to go to the beach and Swim:

Lie on Back - Cycle your legs like a bicycle to the beach

Locust - Roll on tummy and lift arms and legs to swim various ways

Warrior 2 - Hop back and up onto surfboard and move btwn W2 and RW

Take a break on the beach - Ocean Belly Breaths

Reverse Table Top - Build a sandcastle, lift each leg to sky and option for seated twist to dig and collect sand

Bridge Pose - Let's do some whale watching and pretend to be whales lift and lower and blow big deep breaths

Boat Pose - Row our Boats and find some dolphins & sharks (sing row row)

Dolphin Pose - Elbows on mat and tailbone to sky

Child Pose - Hands in prayer behind the head like shark fins and begin to cool down with 5x deep breaths

Relaxation:

Hungry and Tired - Let's fill our bellies and rest

Sit crossed legs - rub tummy / pat head at the same time - pause and take a deep breath

Lie Down on your beach towel under your umbrella and relax for 5mins in Savasana

