



Sun Salutations

Dance for the Sun

by Kira Willey

Intro: Students hold hands above head like the sun and dance in place. (Can also skip this by going to 0:38 seconds.)



Stretch up high, wave to the sun:



Hang down low, tickle your toes:

*Remind students to keep knees straight.



Feet jump back, just like a frog:

*Land on toes with elbows bent.



Belly on the ground, look at the sun:

*Shrug shoulders, then push them down.



Downward dog, and breathe:

*Tell students you are listening for their breath.



Feet jump up, just like a frog:



Hang down low, tickle your toes:

*Remind students to keep knees straight.



Stretch up high, wave to the sun:



Mountain pose:

*Remind them to be strong like a mountain, if you push them they won't fall.