



TODAY'S TOPIC:
Spiritual Practice of Yoga
 You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What are some times when I need to feel balanced?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Possibly yoga mats 	<ul style="list-style-type: none"> Learn some yoga moves. 	Know that yoga can help you feel balanced in your body, mind, and soul.

MOVE: Have everyone stand, then balance on one foot.

ASK: Is it easy to balance? What if someone starts pushing on you, can you stay balanced then?

ASK: Sometimes during the day, we have to be balanced with our emotions or with our energy. Does anyone have an example? In class at school, when you are with the elderly, etc.

SAY: One way to be able to stay balanced is to practice. One way to practice is yoga.

ASK: Has anyone here ever done yoga? Where? How often? What was it like?

ASK: What is yoga exactly? See what answers you get. It is a practice of movement and breathing and thinking that is over 5,000 years old. It is about balancing your thoughts, your thinking, your energy, and your movement. Practicing yoga is a way to practice balance. Plus you aware of your body and get more flexible and it can make you strong!

COOL FACTS ABOUT YOGA:

- A person who is a great practitioner and leader of yoga is called a yogi (male) or yogini (female).
- When yogis made the yoga poses many thousands of years ago, they used nature. Many yoga poses are named after animals, flowers, trees.
- There are over 100 different types of yoga. These include laughter yoga, yoga with goats, hot yoga, and competitive yoga as a sport.
- Yoga can work every muscle in your body.
- Yoga is a good way to clear your mind, jump to center, and hear Spirit.

MOVE: Do some yoga.

AFFIRMATION – Things may come and go but God is always with me.
repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .