

Toddler + Parent Yoga + Ballet Class: Ages 1.5 - 3 Years Old, Parent Participation

Welcome Yoga Circle, 15 Minutes

SEATED

- Introduce Yourself and State the parent's role in class. To help their child mimic the teachers movement. If your child runs off a bit that is expected, but if there is any crying or screaming please step outside with your child until they are ready to return.
- Each student/parent introduces themselves with name, age, and favorite color/food/yoga ballet move, princess, etc.
- Butterfly Pose Sandwich
- Paint Rainbows
- Head movements
- Row Your Boat
- I am a butterfly
- ABC Straddle
- Mix it Up Straddle
- Old McDonald Had a Farm with various animal poses (dog, frog, snake, cat/cow, mouse)
- Mouse in a House

STANDING

- Tree and Airplane balance on block
- Volcano
- Twinkle Twinkle Little Star
- Run Around Yogi
- Head, Shoulders, Knees and Toes

Across The Floor, 10 Minutes

- Tippietoe and plie walks with a wand
- Partner Shasee
- Leaps
- Marching/Passee Walks/Battement Walks

Game, 5 Minutes

**choose one:*

- Dress Up and Freeze Dance with props
- Animal Dancing

Ballet Circle, 5 Minutes

- Rock a Bye Baby with bean bags in hands, on head
- Tippietoe around circle different speeds and directions.
- Plies, Relevees, Piquees, Tendus, Rendejembs
- SEATED:
- Clap and count loud and quiet
- Flex and Point

Story and Relaxing Pose, 10 Minutes

Coloring, 10 Minutes

- Twinkle Twinkle Little Star
- Run Around Yogi
- Head, Shoulders, Knees and Toes