

## Yoga + Ballet Class: Preschool/Kindergarten, 3 - 6 Years Old

### Welcome Yoga Circle: 15 Minutes

#### Seated

- Introduce Yourself and State the rules of class. No running, keep hands to yourself, don't interrupt your teacher, have fun!
- Each student introduces themselves with name, age, and answer to question of the week found on the back of the monthly mantra card.
- Butterfly Pose Sandwich
- Paint Rainbows overhead while in butterfly or straddle pose.
- Head movements (up, down, side to side, head rolls)
- Shoulder rolls/up and down/one shoulder at a time
- Arm Circles
- "Row Your Boat" in butterfly pose
- "I am a butterfly" in butterfly pose
- Mix it Up Straddle or make a pizza in straddle
- Old McDonald Had a Farm with various animal poses (dog, frog, snake, cat/cow, mouse)
- Gentle back rubs in mouse pose

#### Standing

- "Sundance" Sun Salutation to the "Sundance" song in playlist. Do the moves that the song tells you to do.
- Tree and Airplane balance on block
- Volcano
- Run Around Yogi
- Introduce Warrior Poses (Warrior 1, 2, triangle)

## **Ballet Barre: 10 Minutes**

### Start facing ballet barre:

- 8 Plies in first, relevee closing to first.
- 8 Plies in second, relevee and hold.

### Tendus:

- Demonstrate a proper tendu to front, side, and back.
- Have each child demonstrate. Check and fix each child's technique.
  
- With music, all together do:
  - Tendus front: 8 R, 8 L
  - Piques front: 8 R, 8 L
  - Piques front, side, back, close: 4 x R, 4 x L
  - Rendejembs: 4 R, 4 L
  - Tendu front, flex, point, flex, point, flex, point close R, L
  - Tendu side, flex, point, flex, point, flex, point close R, L
  - Passee hold and correct R, L
  - Arabesque hold and correct R, L

### Jumps - Sautes

- Demonstrate and briefly explain sautes.
- 8 sautees, shake it out x 3

### One hand on barre, facing side:

- 2nd position grand plies (4): (pretend to scoop ice cream or snow up from the floor, lift up, then drop as you open arm, and repeat. Arm flows down toward floor, up to first in front of chest, then open to second. Keep chest up, bottom in, knees out over toes.)
- Stretch arm up and over head into the bar, then away. Practice not collapsing their bodies but stretching long instead.
- Practice graceful arms and following fingertips with eyes while standing with one hand on bar.
- Turn to other side: repeat grand plies, and arm stretches.

### **Across The Floor: 5 Minutes**

- Toe heel walks or tippie-toe walks
- Shassees
- Step passee walks and skipping
- Small kicks
- Hoola hoop circle around the room: tippie toe walk to each hoop. Do a twirl, jump, or arabesque in each hoop. Can use flash cards, wands, hoola hoops, wings, blocks, bean bags, to make it more interesting for them. Use more props for younger kids.
- Leaps over an object.

### **Ballet Circle: 5 Minutes**

- Sautees in first, second, echepees
- Graceful arms (follow the leader. First the teacher is leader, then students)
- Curtseys
- Seated stretches: Feet point and flex, turn out and in.
- Straddle with tall ballet back. Stretch side to side and in middle.

### **Game: 5 Minutes**

**Story and Relaxing Pose: 10 Minutes**

**Coloring: 10 Minutes**