

THEME: "FOCUSED AND BRAVE LIKE AN EAGLE"

Mantra: Brave Like An Eagle



"I Am Brave Like An Eagle.
I Am Courageous.
I Am Strong."

(Take a deep breath in and say "I am brave like an eagle." Exhale. Another deep breath in, "I am courageous." Exhale... A deep breath in again, "I am strong.")



Yoga Story: "Edie Eagle Spreads Her Wings"



Edie the Eagle is excited that summer is here with camps, water parks and playgrounds! But Edie can also feel shy and nervous about these outings, and close herself off to the world by rolling up into a little ball. Edie really wanted to venture out, so looked within herself for courage. She took a nice, deep breath in, rolled her shoulders open and spread her wings while exhaling and letting go of her nervous feelings! Let's be like Edie! Take a deep breath in, roll your shoulders open, spread your wings, and breathe out all of your nervous feelings! Well done! Remember, your breath and your strong Edie Eagle Wings are always within you to help you feel strong and brave.



SEATED EAGLE POSE FOR FOCUS

Sit in a comfortable position on the floor with your legs crossed. Bring your hands together with your elbows close to each other. Drop your right arm down, and then bring up, wrapping around your left arm, doing your best to make the right palm touch the left palm. The two arms are now intertwined. Keep your spine straight and relax your shoulders. Breathe gently, and you can even close your eyes. Switch sides with the left arm twisting around the right arm. Sit here in this pose and breathe gently for as long as you need.



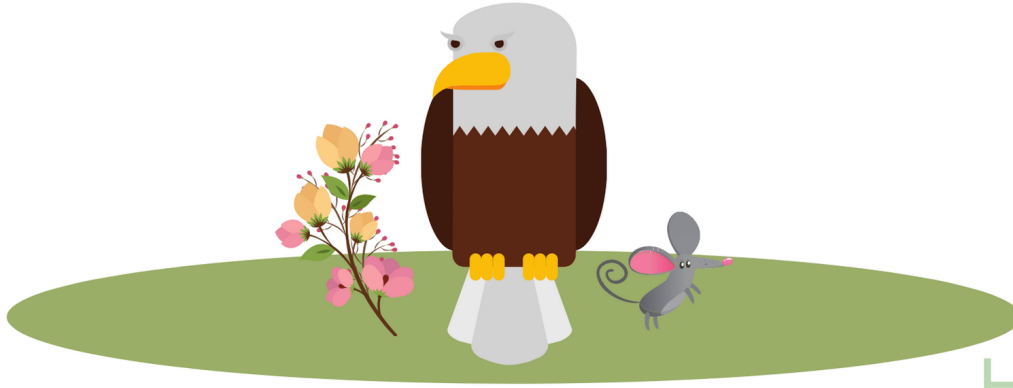


CHALLENGE

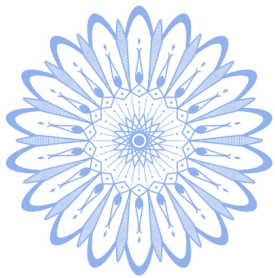
"Focus Like An Eagle: The One Minute Challenge"



Pretend you're the most focused eagle in the world! Sit for one minute and feel your breath coming into the body and going out again. After the challenge, share how you feel with each other!



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ACTIVITY

Candlelight Meditation



Sit in front of a candle and watch the flame gently flicker away... even just for a minute or so. Focus on the light, what colour is it and how it moves... What do you think or feel when watching it? Maybe take a few slow deep breaths. Then when ready, someone can make a wish and blow out the candle.



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