

PLAY

QUIET GAMES

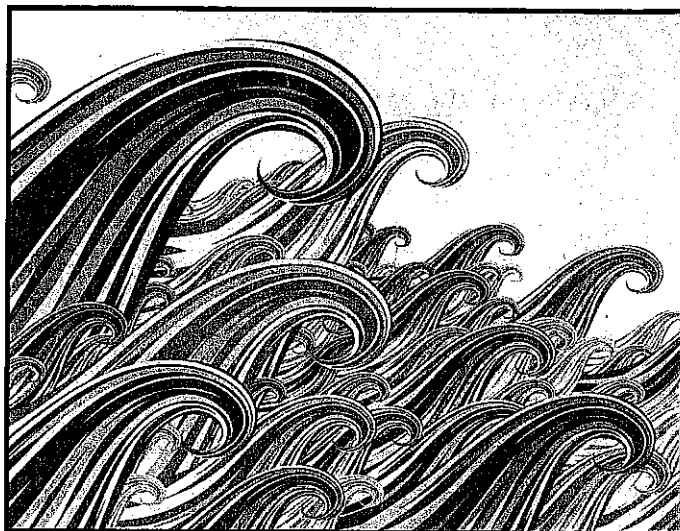
It can be fun to sit quietly with friends in a yoga group. You will discover how to breathe evenly and calmly; and learn to become aware of one another's breathing.

Sit very tall and straight with your backs touching each other all the way up, the backs of your heads touching, too. Feel each other breathing through your backs. Breathe in and out slowly in time with each other. Sit as still as you can.



Ocean Breath

Calm. Peace. Center. Flow.



- 1) Begin in Sitting or Standing Mountain. First take a deep breath in through your nose. Exhale and whisper out the sound “hhhh” through you mouth, as if are fogging up a mirror.
- 2) Inhale again through your nose. When you exhale this time, keep your mouth closed as you make the ‘hhhh’ sound. Slowly breathe back in through your nose, keeping the back of your throat slightly constricted. Can you hear the sound of the ocean waves crashing in and flowing out? (Some people say it also sounds like Darth Vader of Star Wars!)
- 3) Continue with this breath for one minute or more.

Here’s an Idea!

An ocean inside. Try closing your eyes while practicing Ocean Breath. On your exhale, Imagine the ocean waves crashing into the beach as you exhale, and flowing out on your inhale. Focus on the sound of your breath. Now try it again, this time with your eyes closed. Finally, try it again with your eyes closed *and* your ears blocked with your fingers. Continue with ocean breathing for one minute. What was your experience?

Crashing Wave Circle. Stand in a circle around the room and hold hands with your classmates. Practicing Ocean Breathing as described above, inhale together while bringing your arms in and up as you walk a few steps toward the middle of the circle. Gently crash the wave by exhaling the arms down as you walk backwards out to the original circle. Continue for one minute, working as a group to create a slow and fluid flow of waves.



Bumble Bee Breath

Connect within. Center. Gain new perspective.



- 1) Begin in Sitting Mountain Pose with a tall, straight spine. Take a slow, deep breath in through your nose before exhaling out to "Hummmmmm," as long as possible.
- 2) Try it again, but this time with your eyes closed. Focus on the humming sound. Notice the vibration created in your lips.
- 3) Try the same breath again with eyes closed and ears blocked with your hands. Notice your focus go inward where there is peace and calm. Repeat this breath several times. Discuss your experience.

Here's an idea!

Sound it out. Try breathing out other sounds such as 'Zzzzzz,' 'Ohhhhh,' 'Shhhhh' or even, 'Ssssss.'

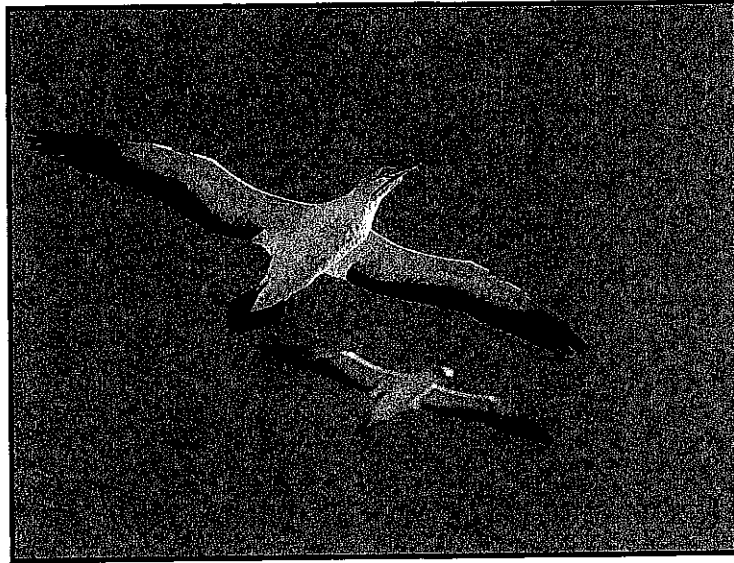
Mini Vacation. Some people have noticed that practicing Bumble Bee Breath (especially with eyes and ears closed) is like taking a mini vacation. Did you take a vacation in your mind while practicing Bumble Bee Breath? Where did you go? Perhaps you'd like to write or draw about it.

Focus on the Sound. Instead of taking a mini vacation, try focusing on the humming sound. As you notice your thoughts drift off, try and bring your focus back to the sound of the hum. How was this a different experience than taking a mini vacation? Where did you 'go'?



Flying Bird Breath

Calm. Focus. Grace. Center.



- 1) Begin in Sitting or Standing Mountain. Imagine you are a beautiful strong bird with large open wings.
- 2) Breathe in slowly while lifting your arms out to the sides, palms facing up.
- 3) Continue to inhale as you reach up with straight arms to touch your palms together above your head.
- 4) Slowly exhale as you lower your wings down to the sides of your body, palms turned down.
- 5) Repeat several times, your arms moving with your breath in a steady fluid motion.

Here's an idea!

Flying Adventure. While practicing Flying Bird Breath, close your eyes and imagine yourself taking flight as a bird. What do you see on your journey? Stay with this breath and visualization for at least a minute or two. Write a story about your flying adventure. Exchange stories with your classmates. Notice how many different and interesting adventures were created.

Share it. Teach Flying Bird Breath to a family member. Then, have them close their eyes and go on a flying adventure for one minute. When they are finished, have your family member share their flying adventure with you.

All about birds. What is your favorite kind of bird? If you don't have one, research birds in the library or on the internet (with parent approval). What attributes do you admire about your favorite bird? Write about what you learn and share with your class.

