

## YIS Structure of Class

Prepare

Connect/TURNING INWARD

(approx. 5 minutes)

- Review rules/structure
- Introduce the principle
- Introduce the daily lesson
- Activity that exemplifies principle
- Connection to the body and breath- Mindful Body/deep breaths

Engage/WARM-UP

(approx. 5 minutes)

- Sun Salutations
- Mountain Wiggle
- Breath to movement
- Any activity that warms-up the body ex. Crazy Eights

Challenge and Grow:

(approx. 20 minutes)

- Games/Activities that allow for vigorous movement and growth
- Appropriate level of challenging
- "Growth zone"
- Support the Theme/ Principles
- 2-3 experiences within this section (movement and tactile based)

Center:

( approx. 5 minutes)

- Restorative poses
- Relaxation experiences
- Triggering relaxation response

Calm and Close:

- Final Rest
- Silent
- Option for quiet, soft music

(approx. 5 minutes)

Close-ROOM and YIS CARE

- Shoes
- Clean mats