



## **MUST READ PIETRA KIDS BLOG & TEACHER HANDBOOK BEFORE LEADING CLASSES**

### **Pietra Fitness Kids**

#### **The Seven Days of Creation: Day 2 The Waters Above, The Waters Below**

#### **CHOREOGRAPHY: St. Abraham**

*Focus: Back, Spine, & Shoulders*

#### Warm-Up

#### Seated

- **Cross Legged Seated, Gratefulness & Breathing - Balloon breath**
- **Angel Arms x 3**
- **Owl Neck Stretches** - look over the right shoulder, roll chin to chest, look over the left shoulder, repeat. Alternate chin to chest and pointing towards the sky
- **Blowing in the Wind (Side Bends)** first to the right, then walking fingers forward and over to the left, repeat.
- **Twist**
- **Chest Opener – Forward Fold – Switch Legs – Chest Opener – Forward Fold**

#### Prone

#### 1st BPP: Prostrate

#### Workout

- **Ab Balance (Swimming)** hold ab balance, and then have flutter pause and rest push up and back into
- **Rock** from Rock have the children hold onto their heels and round the back bringing the crown of the head to the ground close to the knees for
- **Plank** briefly hold plank then lower the arms onto the elbows
- **Forearm Plank** extend the arms back up into plank
- **Plank** slowly lower back down to the ground to prone
- **Half Linked Backbend** place the right foot into the right hand, then switch to the left. If able go into a full linked backbend. **(Should have lots of cues in case someone can't reach both ankles, they can repeat Half Linked backbend) -**
- **Rock for a few of breaths.**
- **Hands and Knees**
- **Pike (few breaths)** walk or jump the feet forward between the hands and come up to a flat back -**Forward fold for a couple of breaths – Twist R arm Up then L, reverse swan dive and exhale into**
- **Posture Pose –** Profound bow place palms together for prayer



**2nd BPP- Deep Bow - Lord in Your power You turn darkness into light.**

**Just For Fun Pose** Plank with jumping feet in and out. after a few tries come to a seated position

### Wind-Down

**Long Hold with Meditation- Inner Thigh Stretch** bring the soles of the feet together and let the knees fall to the sides, fold forward and relax

- Roll up and down three times and end in supine position.
- **Full Body Stretch** – take a deep breath, extend the arms up over head and the feet out pointing the toes – Roll wrists and ankles
- **Knee Hug**, roll onto back for knee hug
- **Reclined Spinal Twist**, to the right, then left
- **Knee Hug**
- **Resolution** (music for prayer) **Quiet Pose**