

# Yography!

We travel the world, using yoga postures to learn about nature, geography and culture across the continents.

## Cross-curriculum link

Geography, Environmental Studies

## Aims

- To use visual imagination
- To remember what has been seen and experienced.
- To communicate ideas through postures.

## Resources

- An open space with yoga mats laid out for everyone.
- Print-outs of the world map for everyone & a pencil each.
- Relaxing music for final relaxation.

## What to do

1. Start with a breathing practice - **Dragon fire breaths** to build some heat.
  - Standing tall, feet together, clasp the hands beneath the chin, elbows to touch.
  - Inhale through the nose slowly as you lift the elbows up to frame the face (keep the shoulders down).
  - Exhale, opening the mouth, tilting the head back drawing the elbows back down in front of the chest to touch.
  - Return the head and neck to neutral before repeating.

*Repeat 10-15 times.*
2. Move into 2 rounds of classic sun salutation - one round per side.
  - Start in mountain pose, hands at the heart in Namaste.
  - Inhale - sweep the arms up, exhale - fold forward (knees bent, if necessary).
  - Inhale - lift the chest, flat spine (hands to shins option).
  - Exhale - step the right foot back, drop the back knee down and lift the torso coming into a low lunge.
  - Inhale - reach the arms up and overhead, palms to touch.



- Exhale - Lower the hands down either side of the front foot, step the foot back into a push-up position, lowering the knees then the body to the ground slowly.
- Inhale - Hands underneath the shoulders, strong legs, press up into a cobra pose.
- Exhale - To all fours, then press back to downward facing dog. Take a couple of breaths.
- Inhale - Step the right foot forward now between the hands, drop the back knee down and lift the torso coming up into a low lunge on the other side. Reaching the arms up over head.
- Exhale - Lower the arms, hands flat either side of the front foot. Step the back foot forward to meet the front, coming into a forward bend.
- Inhale - flat back, chest lifts, hands to shins.
- Exhale - Fold forwards again, tucking in, bending the knees if necessary.
- Inhale - come all the way up to standing, arms reach up overhead, palms touch, look up.
- Exhale - hands back to the heart into Namaste.

*Repeat the sequence, stepping back and forward with the left leg this time.*

3. Start by inviting the class to find the United Kingdom on the map. When they find it have the children outline the country with their pencil. This will be the first stop on our world tour. Then guide the following sequence of yoga postures narrating the journey as you go.
  - We ride a **horse** (both sides) through the countryside.
  - Travelling across a **bridge**.
  - Standing on the other side is a **Cat** who's rounding her back, then tilting her tail, then rounding her back, then tilting her tail, then rounding her back, and tilting her tail.
  - She is looking up to an old **oak tree** (both sides).
  - There in the tree sits a big black **crow**, perched, balancing, focused and strong.
  - The crow flies off and we follow, **flying** in the sky over the patchwork landscape of the United Kingdom. (**Flying pose/Warrior III** on both sides).
  - Down below we can see the farmers harvesting the crops and **ploughing** the fields.
  - We travel onwards on a big red **bus (wide leg forward bend** - moving to the sides, folding forward and back). And find ourselves in London - the Capital City of the United Kingdom.
  - At Buckingham **Palace (house pose)** we meet the Queen's Corgi's, her special pet **dogs**.
  - Then we walk to Trafalgar Square where the **pigeons** crowd and flutter and peck (both sides).
4. Coming out of pigeon pose tell the class it's time to move on. We travel from Heathrow airport in London - taking an **aeroplane** south to the continent of Africa. We begin our journey through Africa, starting in Egypt.
5. Find a comfortable seat and everyone finds Africa on their map, outlining Egypt. Have the children suggest ideas for what we might find in Egypt. After this start the sequence.

- We ride on **bicycles** over desert planes.
- And take **big lunging steps** over the sand dunes.
- We arrive at the **Pyramids** of Giza (**dog pose**).
- We admire the huge pyramid structures, using **triangle pose** to get a sense of their structure and strength (**both sides**)
- Our attention is drawn to the huge **Sphinx** that sits next to the Pyramid. Half woman, half lion. It's heart is lifted, the back is long and the shoulders are strong.
- Scuttling along the floor is a **scarab beetle (happy baby pose)**.
- We **rock and roll** along with it and it leads us to a **Camel**.

6. Pause again to sit and take another look at the map and draw a dotted line south, from Egypt down the east coast, to arrive at our next destination which is Kenya. Outline the country and follow the Kenya sequence.

- We jump into a **Jeep** like truck and start the engine. Brmm. Brmm. Brmm.
- And pitch a **tent** (house pose) at the Safari campsite.
- We wake early, fixing our **eyes (eye exercises)** and preparing our **binoculars** for viewing the animals.
- Our guide takes us down to a watering hole where we spot the **pink flamingos** standing in the water, on one leg, keeping cool.
- Onwards the guide takes us to a clearing with some **trees**. Beneath the trees are a pride of **Lions**.
- Carefully **tiptoeing** away so as not to disturb them, we are led to the forest where up in the canopy we see the colobus **monkeys (x5 monkey jumps)**. They are not easy to spot as they move so fast!
- Our final sighting of our safari is a **snake**, carefully slithering it's way through the rocks.

7. We come up to kneeling to look at our maps again. Our final stop on the tour of Africa is South Africa. Draw the dotted line from Kenya to SA, then outline SA. To get there, give the children a few options for travel - **helicopter, hot air balloon, bear walks** or **magic carpet**.

- Across the land we are treated to the sight of the most incredible **butterflies (can do partner back to back butterfly)**
- But as we reach the coast line we discover wildlife in all shapes and sizes - first the **penguins**.
- Then into the water we find the **sharks**. - whale sharks, bull sharks, tiger sharks, hammerhead sharks and great white sharks.
- And then the diverse species of **whales** - orcas, humpbacks, brydes and southern rights.

8. We take our leave of Africa and head to South America now across the ocean on a **boat**. Take a few breaths in boat pose to strengthen the core. Then sit up and draw a passage from South Africa to South America on the map. Outline South America. Ask the children for suggestions of wildlife that might be found in South America before moving into the sequence, incorporating any suggestions that were made.

- As we near the shores of Brazil we are guided by a pod of **dolphins**.
- Then in the rain forest in Venezuela we meet the biggest **spider** in the world - the goliath bird-eater tarantula!
- You wouldn't want to be an unsuspecting **mouse** with a hungry goliath birdeater tarantula around.
- Nor a harpy **eagle** - with the largest talons of any living eagle (both sides). The hunting technique of the harpy eagle is perch-hunting. Scanning around for prey while briefly perched between short flights from tree to tree.
- Finally as we move north into Costa Rica we see the **dragonflies** with the greatest wingspan in the world of 19cm.

9. Choose a different transport option this time - **helicopter, hot air balloon, bear walks** or **magic carpet** and we continue the journey north to arrive in North America - the United States! Settle in a seated pose and look at the map, drawing the route north from South to North America. Outline the whole shape of N. America.

- Now we're really excited! As we've arrived at a huge theme park! So we have a great ride on a **roller coaster!**
- Then we're hungry so we make a huge **sandwich!** After that we're ready to move on.
- Off the Californian west coast, we **paddle out** on a surfboard.
- Then we **surf** all the way (both sides) to...

10. Australia! Lying on our boards, we grab our maps again. We draw the dotted line across the pacific coast from California to Australia. Then outline the shape of Australia. Have a few ideas before starting of what we might find in Australia. Build on this sequence to bring it to life.

- Here we meet the **crocodiles** who lurk in the freshwater in the outback.
- And in the great barrier reef we see **turtles**
- And beautiful **fish**.
- We take a **hot air balloon** and land at **ayers rock (childs pose)**. Here we relax back and watch the starlit sky, the sound of the bush lulling us to rest.

11. Spend a few minutes in rock pose (childs pose) before settling into relaxation pose. Play some relaxing music to create a peaceful and calm atmosphere, and let everyone have some quiet time.