



PYP YOUTH CLASS OUTLINE

Class Guidelines

- Stay on your mat; this is your space to move your body how you'd like
- You have choice in how you practice
- Participation can also look like this:
 - Sitting down, trying the poses or breathing exercises
 - Sitting and breathing
 - It does not look like side chatter
- We want to make this a safe* space for everyone; even if you don't want to do the pose, allow others to feel comfortable
 - No space for poking fun at other people
 - Non-judgmental space

**We often use the word safety in class to help kids understand our intention without requiring that anyone feel safe. Sometimes safety is not possible in this space. It is okay to acknowledge that we do not have complete control over our safety or choice in jail/prison, so we will try to experience moments of safety and control in class.*

Invitational Language Examples:

- "If it feels okay..."
- "I am going to offer..."
- "You have a choice when you come out of this pose"
- "I notice the pose makes me feel this way... you may notice something different"
- "You're welcome to ..."
- "I'm gonna offer a suggestion about when to inhale and exhale, but you are welcome to breathe in whatever way feels best for you"

Narrating the Group:

- "I see 100% participation right now" (often say this when participating in different ways)
- "I notice everyone is quiet and focused. Great job!"
- "If this quiet space is tough for you, direct your energy to other places."
 - Squeezing your fists
 - Tapping



*The following 30 and 60-minute classes are suggested structures. We do not require PYP Facilitators to follow a specific script or sequence but rather provide an adaptable model for the Facilitator. **We expect Facilitators to always create a safe container for participants to have choice and agency.** We also strongly recommend keeping a similar practice each time, with moments of novelty for teens to try new, exciting, and safe poses. See PYP's Program Facilitation Guidelines for additional resources, including poses we do not recommend.*

30-minute Class

- [Sitting] Name, Speed, a Fun fact question
 - Speed: "If you were driving a car, how fast would you be going?"
 - Fun Fact question options:
 - Favorite dipping sauce?
 - Favorite ice cream flavor?
 - What would your superpower be?
 - What is your favorite way to relax?
 - If you were an animal, what would you be?
 - (If a group has been practicing for a while...) Favorite yoga pose?
- [Sitting] Introduce yoga and expectations
 - (see "Class Guidelines" above)
 - These guidelines can be offered while kids are doing standing movement.
- [Standing] Standing movement
 - Offer poses for structure, with room for them to try different movements.
 - Arms side to side
 - Arm circles
 - Roll wrists, make a roller coaster with wrists
 - Press palms toward the ground; option to send palms toward the ceiling and lean side to side
 - Look side to side to stretch the neck.
 - Invite kids to do these poses or move in any way that feels good for their bodies.
 - "I notice that my arms feel tingly and warm from moving them. You might feel this or something different."
 - "I notice some people choosing to hop. I see others bending one leg and touching their ankle to stretch their leg. Great options! Keep choosing what feels right for your body."
- [Standing] Half sun salutation
 - *If stating when to inhale and exhale, explain they can follow or breathe at their own pace
 - "As you inhale, arms towards the ceiling."



- "As you exhale forward fold, bend your knees as much as you need to."
- "As you inhale, lift halfway."
- "As you exhale, fold."
- "Rise to Stand"
- "Draw your hands to heart center, or let your arms go by your side."
- Vinyasa
 - "Find your plank position or top of a push-up. You can place your knees on the mat."
 - "Lower to the mat."
 - "Inhale in a cobra pose. You can make a hissing sound if you'd like."
 - "Press back to plank position or a downward dog. I like down dog because it stretches my whole body."
 - This can also be completed standing.
- Full sun salutation
 - "Now we are going to put it all together!"
 - See cues for Half sun salutation and Vinyasa.
 - This sun salutation can also be completed standing.
- Tree pose
 - "You can put your foot anywhere on your leg; just make sure it's not right on your knee."
 - "You can try growing your arms or placing them in front of you."
 - "You have a choice when you come out of this pose"
 - " You can also choose to try tree pose from your seat."
- Chair pose
 - "We will practice a pose now that may create some stress. We are doing this on purpose to help our bodies feel stress in a safe way. You get to choose when you come out of this pose, which helps signal to yourself that you have some control over your body. Sending out an exhale is a way to tell your body you are challenging yourself on purpose, and it is okay to stop at any time"
 - "In this pose, your legs may start talking to you. You can talk back and let your body know it is okay by breathing out loudly [model the breath]."
 - "You have a choice when you come out of this pose"
- Model recovery poses
 - "To activate our relaxation response...."
 - Ragdoll
 - Can do this in a forward fold or standing
 - Open heart pose (hands behind the back of the head, thumbs down the neck, elbows open out), point out that they should hold their neck to support it.
- Warrior 2
 - "Put your __ foot forward and arms out to a T. Bend your front leg."
 - "I notice this pose makes me feel powerful. My legs and arms feel strong. You might notice something different."
 - "Inhale, straighten your front leg, and extend your arms up."



- "Exhale, bend your front leg and arms to a T (return to Warrior 2)."
- Inhale, Exhale - 3 times
- Remind kids they can breathe however they like, but most like to move and sync up at this point, so we are flowing as a group.
- "Reverse your warrior - turn your hands upward and reverse your warrior."
 - Send your front arm up and back,
 - "I notice a big stretch in my side."
- Extended side angle
 - Send your front arm forward to rest on your knee and your back arm up over your body to an extended side angle.
- *It's okay if kids go in the wrong direction; give them space and time to get there; very little needs to be corrected as long as they are not hurting themselves in a pose
- Warrior 1
 - "Turn our shoulders, hips, and back foot forwards. When you set up, you may notice moving your legs closer together or wider is easier. Stand in a way that helps you feel sturdy."
- Arm Movements (in Warrior 1)
 - Arms forward
 - Inhale, arms up
 - Exhale, arms forward
 - Inhale, arms out to the side
 - Exhale, arms forward
- Airplane
 - "Start to lean on your front foot, and you might put your hands on your front knee."
 - "If it feels okay, you may start to lift your back foot into airplane."
 - "You can bend into the standing leg for stability."
 - "You may put your arms out or find a good position to help you balance."
- Rest
 - Seated twist
 - "You can straighten your legs out long or sit cross-legged."
 - "Stretch one arm up towards the ceiling, then across towards the opposite leg."
 - "Look where it feels best on your neck."
 - Repeat other side
 - Body scan
 - "You're welcome to do this seated, lying down on your stomach, or lying down on your back. You're welcome to keep your eyes open or closed. I'll let you know if a new person enters the room or starts walking around the space. We are all going to stay on our mat and practice silence."
 - "If this quiet space is tough for you, direct your energy to other places; remember you can squeeze your fists and tap your legs and arms at any time."



- "Start with our toes - you might squeeze or wiggle them; when you exhale, let your feet feel heavy."
- "Let's move to our legs - squeeze them tight, on the exhale, release that tension and let them be heavy."
- "Bring your awareness to your belly - as you inhale, let it fill up; as you exhale, feel it deflate kind of like a balloon."
- "Heart space - as you inhale, let it fill up; as you exhale, feel it deflate kind of like a balloon."
- "Arms - squeeze them tight, on the exhale, release that tension and let them be heavy."
- "Head- you can wiggle your jaw, nose, and eyebrows; if your eyes are open, see if you can make them soft."
- "Try three of your breaths in this space; you are welcome to come out before then and look at me or around the room."
- Closing
 - "You can come to a seated position to close class today. If it feels nice to lie down, you are welcome to stay there a little longer."
 - Optional: Loving-Kindness Meditation
 - "I am going to raise my arms up and overhead and inhale one more time, and as I exhale, draw my arms to my heart's center. You are welcome to do the same"
 - "The light in me sees and honors the light in you. Namaste. Shanti."
 - Explain the meaning of both words and the origins of the words

1-hour Class:

- *[Sitting]* Name, Speed, a Fun fact question
 - Speed: "If you were driving a car, how fast would you be going?"
 - Fun Fact question options:
 - Favorite dipping sauce?
 - Favorite ice cream flavor?
 - What would your superpower be?
 - What is your favorite way to relax?
 - If you were an animal, what would you be?
 - (If a group has been practicing for a while...) Favorite yoga pose?
 - These guidelines can be offered while kids are doing standing movement.
- *[Sitting]* Introduce yoga and expectations
 - (see "Class Guidelines" above)
 - These guidelines can be offered while kids are doing standing movement.
- *[Standing]* Standing movement



- Offer poses for structure, with room for them to try different movements.
- Arms side to side
- Arm circles
- Roll wrists, make a roller coaster with wrists
- Press palms toward the ground, option to send palms toward ceiling and lean side to side
- Look side to side to stretch the neck.
- Invite kids to do these poses or move in any way that feels good for their bodies.
- "I notice that my arms feel tingly and warm from moving them. You might feel this or something different."
- "I notice some people choosing to hop. I see others bending one leg and touching their ankle to stretch their leg. Great options! Keep choosing what feels right for your body."
- *[Standing]* Half sun salutation
 - *If stating when to inhale and exhale, explain they can follow or breathe at their own pace
 - "As you inhale, arms towards the ceiling."
 - "As you exhale, forward fold, bend your knees as much as you need to."
 - "As you inhale, lift halfway."
 - "As you exhale, fold."
 - "Rise to Stand"
 - "Draw your hands to heart center, or let your arms go by your side."
- Vinyasa
 - "Find your plank position or top of a push-up. You can place your knees on the mat."
 - "Lower to the mat."
 - "Inhale in a cobra pose. You can make a hissing sound if you'd like."
 - "Press back to plank position or a downward dog. I like down dog because it stretches my whole body."
 - This can also be completed standing.
- Full sun salutation
 - "Now we are going to put it all together!"
 - See cues for Half sun salutation and Vinyasa.
 - This sun salutation can also be completed standing.
- Tree pose
 - "You can put your foot anywhere on your leg; just make sure it's not right on your knee."
 - "You can try growing your arms or placing them in front of you."
 - "You have a choice when you come out of this pose."
 - "You can also choose to try tree pose from your seat."
 -
- Chair pose



- "We are going to practice a pose now that may create some stress. We are doing this on purpose to help our bodies feel stress in a safe way. You get to choose when you come out of this pose, and this helps signal to yourself that you have some control in your body. Sending out a long exhale is a way to tell your body you are challenging yourself on purpose, and it is okay to stop at any time."
- "In this pose, your legs may start talking to you. You can talk back and let your body know it is okay by breathing out loudly [model the breath]."
- "You have a choice when you come out of this pose"
- Model recovery poses
 - "To activate our relaxation response...."
 - Ragdoll
 - Can do this in a forward fold or standing
 - Open heart pose (hands behind the back of the head, thumbs down the neck, elbows open out), point out that they should hold their neck to support it.
- Warrior 2
 - "Put your ___ foot forward and arms out to a T. Bend your front leg."
 - "I notice this pose makes me feel powerful. My legs and arms feel strong. You might notice something different."
 - "Inhale, straighten your front leg, and extend your arms up."
 - "Exhale, bend your front leg and arms to a T (return to Warrior 2)."
 - Inhale, Exhale - 3 times
 - Remind kids they can breathe however they like, but most like to move and sync up at this point, so we are flowing as a group.
 - "Reverse your warrior - turn your hands upward and reverse your warrior."
 - Send your front arm up and back,
 - "I notice a big stretch in my side."
 - Extended side angle
 - Send your front arm forward to rest on your knee and your back arm up over your body to an extended side angle.
 - *It's okay if kids go in the wrong direction; give them space and time to get there; very little needs to be corrected as long as they are not hurting themselves in a pose
- Warrior 1
 - "Turn our shoulders, hips, and back foot forwards. When you set up, you may notice it is easier to move your legs closer together or wider. Stand in a way that helps you feel sturdy."
- Arm Movements (in Warrior 1)
 - Arms forward
 - Inhale, arms up
 - Exhale, arms forward
 - Inhale, arms out to the side
 - Exhale, arms forward



- Airplane
 - "Start to lean on your front foot, and you might put your hands on your front knee."
 - "If it feels okay, you may start to lift your back foot into airplane."
 - "You can bend into the standing leg for stability."
 - "You may put your arms out or find a good position to help you balance."
- Crow/Eagle/Camper
 - *Note: these are optional poses that may not happen every class, and you may pick the pose(s) that feel right in a specific session.*
 - Crow Pose
 - Have all kids sit down and watch you model it first.
 - "I know it is hard to sit and watch when you want to try with me, but watching first will help make this pose safer. I want to protect your heads!"
 - "We have to keep our eyes forward, or else we will forward roll."
 - "Keep your elbows bent, and squeeze the outside of your arms as you work to lift your feet. You might lift one foot or keep both feet on the ground."
 - Make sure nothing is close by that they can fall into.
 - Narrate encouraging movements, like kids getting one foot off of the ground.
 - "I notice some people chose not to try crow pose, which is also a very brave choice."
 - Eagle
 - "Stand in mountain pose."
 - "Cross one arm over the other, bend at your elbows, and either give yourself a hug or keep wrapping to press your palms together."
 - "Stay here or sink into chair pose."
 - "Stay here or cross on leg on top."
 - "You can come out of this pose at any time."
 - Offer counterpose, like standing heart-opener.
 - Camper's Pose
 - "Find chair pose."
 - "Sit low, place your foot on the opposite knee. You can place your hands at heart center, or by your ears, or maybe another position you like."
 - Great opportunity to narrate that everyone is making excellent choices!
 - Offer counterpose, like rag doll.
- Games
 - [Link to game spreadsheet](#)
- Rest
 - Seated twist
 - "You can straighten your legs out long or sit cross-legged."
 - "Stretch one arm up towards the ceiling, then across towards the opposite leg."
 - "Look where it feels best on your neck."
 - Repeat other side



- Body scan
 - "You're welcome to do this seated, lying down on your stomach, or lying down on your back. You're welcome to keep your eyes open or closed. I'll let you know if a new person comes into the room or starts walking around the space. We are all going to stay on our mat and practice silence."
 - "If this quiet space is tough for you, direct your energy to other places; remember you can squeeze your fists and tap your legs and arms at any time."
 - "Start with our toes - you might squeeze or wiggle them; when you exhale, let your feet feel heavy."
 - "Let's move to our legs - squeeze them tight, on the exhale, release that tension and let them be heavy."
 - "Bring your awareness to your belly - as you inhale, let it fill up; as you exhale, feel it deflate kind of like a balloon."
 - "Heart space - as you inhale, let it fill up; as you exhale, feel it deflate kind of like a balloon."
 - "Arms - squeeze them tight, on the exhale, release that tension and let them be heavy."
 - "Head- you can wiggle your jaw, your nose, your eyebrows; if your eyes are open, see if you can make them soft."
 - "Try three of your breaths in this space; you are welcome to come out before then and look at me or around the room."
- Closing
 - "You can come to a seated position to close class today. If it feels nice to lie down, you are welcome to stay there a little longer."
 - Optional: Loving-Kindness Meditation
 - "I am going to raise my arms up and overhead and inhale one more time, and as I exhale, draw my arms to my heart's center. You are welcome to do the same"
 - "The light in me sees and honors the light in you. Namaste. Shanti."
 - Explain the meaning of both words and origins of the words