„MOVE TOGETHER IN A HEALTHY EUROPEAN WAY”

TRADITIONAL SPORT GAMES
Four doors

Aim of the game: to move towards 2 hoops by doing passes to go to put the ball in one of the hoops

**Equipment:**
- playground (20mx10)
- 1 ball, 4 hoops
- bibs for 2 teams

**Duration of the game:** as you want!

**Beginning of the game**
- Each team take place in her side ( strikers and defenders)

**Players:**
- 2 or 3 teams of 8 to 12 players

* By leaving of their camp, blues have to move to put the ball in the blue hoops and the red in the red hoops
* Defenders bother passes but do not have to touch the person with the ball and do not have to protect hoops
* When the ball is put in a hoop, the team score a point.

➢ The face-off is made in the center of the ground.
The flag

Equipment:
- playground (20mx10)
- Object serving as flag: scarf, balloon,...
- bibs for 2 teams

Duration of the game:
2/3 races in the course of which the same team holds the same role.

Players:
- 2 or 3 teams of 8 to 12 players

Duration of the game:
2/3 races in the course of which the same team holds the same role.

Beginning of the game
- Each team take place in her side (strikers and defenders)
- strikers choose their dog
- a sound signal to begin the game

Rules:
- Strikers have to return the flag in their side.
- Defenders can eliminate strikers by touching them.
- Strikers can’t eliminate defenders. Only the dog can eliminate defenders by touching them but nobody can eliminate him!
- Any exit of the playground lead elimination of the player.
- If a striker is eliminated with the flag, he put it on the ground and the game continue.

➢ Defenders score the point if there are no more strikers.
➢ Strikers score the point if the flag is brought back in their side.
The game will take place in the relay and the sack will have the witness function. For each team will be assigned a lane. Launch of the first competitor must take the whole lane into his bag. The bag must be supported in life and must remain taut throughout the duration of the route. The arrival will be considered valid only if the competitor crosses the finishing line with the whole body. Having reached the end of the trail, in the proper blank, the change will be made. The competitor must remove the bag and make room for the Spouse / Partner without the help of other people. Similarly the second competitor will take the own lane in the opposite direction to the finish.

Competitors can jump, run, walk, but must take the bag with both hands, at least above the pelvis, under penalty of disqualification.

It is compulsory to make the journey within the lane assigned to each team without invading the opposing lane.

The changes are permissible only in the spaces disqualified.

If you break the sack repeats the race, unless such failure proves irrelevant to the outcome of the race.

In case of a fall, the competitor must stand up alone and start again from the stesso point; Also on arrival the athlete must not jump, but standing overcome the finish line.
Città di Altavilla Silentina (SA)

La Scuola e Il Palio – Progetto Erasmus+ 2017

Cerrelli di Altavilla Silentina 24 marzo 2017

Piazza Don Giustino Russolillo ore 14.30

The committee for the Saint Anthony of Padua’s local festivities joins the Erasmus+ Project organized by the Unified District Giovanni XXIII. The committee will organize the Palio delle Cente Junior Town of Altavilla Silentina, dedicated to the children and young boys and girls of the local school and, for the occasion, to all the children and young people coming from other European nations.

The young participants will be divided in five teams, called “Frazioni”, that will represent the five local suburbs which always compete in the Palio: Carillia, Centro Storico, Cerrelli, Cerrocupo and San Martino. To the suburbs will be associated the Nations hosted for the Erasmus+ Project:

- The suburb Centro Storico, the winner of the 2016 children’s Palio, represents Italy;
- The suburb Cerrelli will be associated with Hungary;
- The suburb Carillia together with Iceland;
- The suburb Cerrocupo with Poland;
- The suburb San Martino, associated with France.

The games will be:
- **The Liberty Tree** (game of ability and precision)
- **The wheelbarrow race** (game of dexterity)
- **The tug-of-war** (game of strength)
- **The race of Father Abinante** (game of speed)
Palio delle Cente Junior (team sport)

The winners will be the ones who will score more points than the others. The first classified will obtain 10 points, the second 8 points, the third 6 points, the fourth 4 points and the fifth 2 points. Every suburb can use a Jolly that will allow them to double their score. It has to be decided before each game.

Games and number of participants for each suburb

1) The Liberty Tree N. 6 participants for each team (3Boys + 3Girls);
2) The wheelbarrow N. 4 participants for each team (2Boys + 2Girls);
3) The race of Father Abinante N. 4 participants for each team (2Boys + 2 Girls);
4) Tug-of-war N. 8 participants for each team (4Boys + 4Girls);
5) PALIO DELLE CENTE JUNIOR   (N° 16 participants).

The Liberty Tree

art. 1 – It deals with the throw of some circles and little balls, to which is tied a ribbon. The participants have to try to trim the tree. The circles have to be hooked to the tree’s branch, while the little balls have to be thrown in the baskets. On one side the tree is composed by arms with hooks to allow the circles hanging upside. On the other side it is composed by baskets, in which the balls have to be thrown.

art. 2 – Each team has to be composed by 6 people, divided in pairs (a boy and a girl).

art. 3 – The couples, one at a time, have to throw the circles and then the balls, totaling 24 circles and 24 balls.

art. 4 – The participants have to throw the circles and the balls only by their placement.

art. 5 – At the end of each sequences of throws, the participants must ring the little bells that they can find on the field.

art. 6 – The tests conclude when the participants finish to throw the circles and the balls and the last ones ring the bell.

art. 7 – The score obtained by the participants is the one written on the tree’s branches and on the baskets.

art. 8 – The circles and the balls thrown from different placements are considered null.

art. 9 – The last score is the total of the circles hanging up the branches and the balls in the baskets. The winners are the ones with the best score. In case of the same score between two or more teams, the winners are the ones with the best time. So, the first team obtains 10 points, the second 8 points, the third 6 points, the fourth 4 points and the fifth 2 points.

The wheelbarrow

art. 1 – The game is challenged through an obstacle course.

art. 2 – The participants have to complete the course as soon as possible without avoiding the obstacles. If they avoid an obstacle, they have to go back and go through the course accurately.
art. 3 – The participants start one at a time.

art. 4 – Each team needs 4 participants, two boys and two girls.

art. 5 – The wheelbarrow is driven by only one participant. The aim of the game is to carry the participant in the wheelbarrow without leaving him/her fall down. The participants MUST wear a helmet. The objects carried in the wheelbarrow MUSTN’T fall down. If they fall, the participant has to recollect them.

art. 6 – For each challenge the wheelbarrow is the same.

art. 7 – The first participant conclude the course and then gives the wheelbarrow to the second participant, who realizes the same course. The course takes place two times.

art. 8 – The course is completed when the last participant and the wheelbarrow reach the finish line. The time is stopped when the last participant arrives at the end of the course. If the wheelbarrow is thrown by a long distance, the team is penalized with the increase of 10 seconds.

Art. 9 – The tests are clocked and the score is given basing on the order of arrival. The winner is the one who obtains 10 points; then the second team obtains 8 points, the third 6 points, the fourth 4 points and the fifth 2 points.

The race of Father Abinante

art. 1 - The race of Father Abinante, in memory of Father Nicola Abinante, who, in a hurry, came to Altavilla to alert the local people for the Sanfedisti’s siege of Altavilla.

art. 2 – At this race competes one team at a time. The challenge is to complete the course of the race as quickly as possible and for each team compete 2 boys and 2 girls.

art. 4 – The course is a relay and is controlled by the race judges.

art. 5 – The final score is calculated considering the time taken. The chronometer is stopped when the last participant arrives.

art. 6 – There are not allowed any changes of the course.

art. 7 – The participant that changes the course of the race is penalized putting his team at the end of the rank.

art. 8 – The winning team obtains 10 points, the second 8 points, the third 6 points, the second 4 points and the last one 2 points.

Tug-of-war

art. 1 – Game of strenght in an unique tournament. Every team compete with all the others.

art. 2 – The participants of each team are 8 divided in 4 boys and 4 girls.

art. 3 – The first participant of each team must be 2 meters away the line drawn on the field.

art. 4 – In the middle of the rope is tied an object.

art. 5 – The race judge, before starting the game, has to verify that the object is on the middle line drawn on the field.

art. 6 – When the race judge starts the game, the two teams begin to throw the rope trying to drag the other team over the dividing line.

art. 7 – On the rope are putting two clearly visible signs at the same distance from the mid-line.
art. 8 – Participants mustn’t turn the rope around the hands or any part of the body. They mustn’t lie on the field. If a participant fall down, he has to raise immediately up.

art. 9 – Participants compete with bare hands, without wearing any gloves or protections for the hands. They can wear every kind of shoes except track spikes.

art. 10 – The initial positions of rope’s handle are chosen by each team. During the challenge, the participants are not obliged to respect the starting positions.

art. 11 – The challenge takes place in an unique competition.

art. 12 – During each meeting of the first phase are assigned the scores: 3 points for the winning team and 1 point for the loser team. At the end of the game, is decided which team will participate at the semi-finals.

THE CALENDAR OF THE MEETINGS FOR THE FIRST PHASE OF THE TOURNAMENT IS THE FOLLOWING:

1/2; 3/4; 5/2; 1/4; 3/5; 2/4; 3/1; 5/4; 3/2; 1/5;

(The initial combinations are made by the judges in a casual way before the start of the game)

The fifth is expelled and the four remaining teams will compete the semi-finals as follows:

the 1st team competes with the 4th and the 2nd with the 3rd.

The winners will face for the 1st and the 2nd position, the losers for the 3rd and the 4th position.

art. 13 – The winning team obtains 10 points, the second 8 points, the third 6 points, the fourth 4 points and the fifth 2 points.

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Palio delle Cente Junior

art. 1 – It consists in running with the Centa on the shoulders. Each team compete one at a time and are expected 3 changes, for a total of 16 participants for each team.

art. 2 – The course is controlled by the race judges.

art. 3 – The Centa has to be brought by 4 participant for each time. They can switch at the established stations.

art. 4 – Each Centa can be followed by another participant that can intervene only if one of the four participants has an injury.

art. 5 – If during the course the Centa falls down, it has to be recollected.

art. 6 – The winning team obtains 10 points, the second 8 points, the third 6 points, the fourth 4 points and the fifth 2 points.
Two groups of children are lining up hand-in-hand in front of each other.

This dialogue goes between the two groups:

Group 1: „King, give me a soldier!”
Group 2: „I don’t!”
Group 1: „If you do not, I will break in!”
Group 2: „Break in if you can!”
Group 1: „Whom do you wish?”

Group 2: The group is calling a child from group 1, shouting her/his name.

In case the called child can break in she/he takes one child with her/him from the opposite group. In case she/him cannot break in she/he stays with the calling group. Next step: the role is changed. At the end that group is the winner where there are more soldiers.
Children are sitting in circle. They are singing a song for dance. One boy stands up and goes to a girl.

This dialogue goes between them:

Boy: „Turn around little chair”

Girl: „I won’t!”

Boy: „For how long?”

Girl: „Until Tuesday.”

Boy: „What do you wish?”

Girl: Here the girl says some challenging activity, such as 5 push-ups, 9 stamps, 4 claps, etc.

The boy is doing what was asked, then they are dancing hand-in-hand, everybody is singing. Next step: another boy is choosing another girl and they do the same. All the previous pairs are joining up and the game goes on until all the pairs are in the dance.
A BUILDER AND THE BRICKS

Number of players: – any

Place: – large flat piece of land: e.g: playground, gym.

Shape: - rectangle with a line in the middle deviding the field into two

Size of the field depends on the numer of players.

What do you need: a bright T-shirt for the builder

How to play it - „the builder” stands in the middle of the designated field, the rest of the players stand on one end of the field. The players try to get to the other side of the field without being touched by the builder. If the player or players get touched by the builder he or she becomes „the brick” and „the builder” creates „the wall” in the middle of the field blocking the way for the others. The game ends when „the builder” touches all the players or there is one last person who wasn’t touched. This person becomes the new „builder”.
HOW TO PLAY TWO FLAMES

Two flames or Dodgeball is a game involving a lot of people. The more people playing the better, more people to nailing.

What do we need to play?

1. Large flatl space on which we can play such as: playground, the yard or the gym.
2. Balls: best played with a soft or light ball
3. The participants: minimum of 6 people and a maximum as many as will fit in the designated field.

How to play the game?
The pitch is divided into two equal areas, as shown in the picture. Participants are divided into two teams with the same number of players. Each team chooses from among his team a "mother", which stands behind opposing team, you can see it in the picture - a lonely blue and green point. Players line up.

Now the fun is to beat the opposing team players with the ball:

- We draw lots (eg. The coin toss), which "mothers" starts the game,
- Nailing opponents by hitting players with the ball (do not throw in the head)
- All members from one team can beat the members of the other team if they intercept the ball and do not drop it,
- You can’t beat the "mothers"
- A person hit by the ball is out,
- Do not count the „beat” if: the ball bounced off the ground before it hits the player, or the player simply catches the ball, or a player was hit, but one of his team members catches the ball before it touched the ground,
- Players can run to avoid „beating” only in the designated field
- If the ball falls off the field "the mother", who is closer to the ball, takes it
- The team that first beats all the players of the opposing team wins.

This general rules of the game.

Another version of the game of dodgeball is that those who get hit, do not finish the game but go to their "mother" and from there help „the mother” to beat opponents. You can also play for points, then we set at the beginning of how many points we play to, and the players do not go off the pitch but only points are counted.
BIG FISH or SHARKS

Best to play this game in a field or in a gym – A running game.

1. One person on the group is chosen to be the big fish or the shark. He/she has to stand in the middle of the area.
2. The others in the group are the small fish. They stand in a straight line on one side of the area.
3. The big fish claps his hands three times and all the small fish have to run to the other side of the area without being caught by the big fish.
4. If someone gets caught they turn into a big fish too and have to help catch the others in the next round.
5. The game goes on like this until only one small fish hasn’t been caught and that one small fish is the winner.

This game has been played all around Iceland for decades. It can be slightly different from where you play it in.

- Big fish or shark is the version they play in the fishing villages around Iceland for example because there the main industry has been fisheries.
- On an island south of Iceland called Vestmannaeyjar, the game is played with ships and port, all the ships have to come to the port.
- On the countryside or in the North part of Iceland the game is the same except there is a dog instead of a big fish and lambs play the part of the small fish.
Tic tac toe relay!!!

Mylla (*The Icelandic word*)

- At least 6 students take part in this game.
- It is possible to play the game more than once and each team gets one point for each victory.
- The team with more points wins.

**What you need:**

- Nine circles.
- Six items, for example vests, in two colors. 3 of each color.

**Rules**

1. Students are divided into two teams and each team is lined up in one end of the field.
2. Nine rings are in the other end of the field and each team has three colored shirts which are the team’s color.
3. When the game starts the first team member in each team runs as fast as he can towards the nine rings and places a T-shirt inside one of them. Then he runs back and gives high five to the next team player and he does the same thing.
4. The goal is to get the three shirts in a line down, up or diagonal
5. If your team has put the three shirts and does not have an ordered line the next team player must run and pick one shirt from the ring and then put it in another ring to try to get the line.
6. When a team member has finished running he must go in back of the line and sit down.
7. The first team who has tic tac toe (a line) and everyone is sitting wins.
„MOVE TOGETHER IN A HEALTHY EUROPEAN WAY”

WINTER WELLNESS ACTIVITIES

Erasmus+
FIND YOUR PACE.

Notice how you feel.

Are you in your best rhythm and timing learning?

Do the 4 PACE activities:

Sipping Water: For Energy to learn. *Be aware of the water in the body*

Brain Buttons: For the Clair spirit and to “plug”. *Massage the hollow under the clavicles and move the eyes from side to side without turning his head. And the hand on the navel. Then reverse the hands*

The Cross Crawl: To feel active and motivated. *Do the movements slowly*

Hook-ups: To be positive and confident. *Inspired by sticking the tongue to the roof and exhale by relaxing the jaw.*

Again, notice your rhythm and timing for learning.

**Brain Gym® movements, exercises, or activities** refer to the original 26 Brain Gym movements, sometimes abbreviated as the 26. These activities recall the movements naturally done during the first years of life when learning to coordinate the eyes, ears, hands, and whole body. The twenty-six activities, along with a program for “learning through movement” were developed by educator and reading specialist Paul E. Dennison and his wife and colleague, Gail E. Dennison who say that the interdependence of movement, cognition, and applied learning is the basis of their work. Clients, teachers, and students have been reporting for over 20 years on the effectiveness of these simple activities. Even though it is not clear yet “why” these movements work so well, they often bring about dramatic improvements in areas such as:

- Concentration and Focus
- Memory
- Academics: reading, writing, math, test taking
- Physical coordination
- Relationships
- Self-responsibility
- Organization skills
- Attitude
**Improve coordination - main eye for reading, writing ...**

**LAZY 8s**: Either in the air or on a surface, draw an infinity sign by tracing a circle up and around to the left, then up and around to the right. Allow the eyes to follow the hand. Do each hand by itself and then both hands together.

**The Double doodle**: Place both hands in the front of you. Symmetrically doodle, as if conducting an orchestra with the two hands mirroring one another.

*Can be two face to face*

**Improve listening**

*Turn head from side to side and watch your amplitude and relaxing neck-shoulder*

**The thinking Cap**: Place thumbs behind and fingers in the front of each ear. Beginning at the top, gently unroll/massage the ear from top to bottom. Return to top and repeat.

*Observe again your amplitude and relaxation*

**Improve attention, concentration.**

*Walk and observe the relaxation of your calves ...*

**Flexion of the foot**: Pinch the tendons and pull your calf in flexing the foot. Then explore your calf with both thumbs and flexing the foot. At each painful point massaging breathing deeply.

*Walking ... is there a difference between the two legs?*

So we did the other leg ...

Bravo and congratulations for your participation!!
Music therapy and wellness: equilibrium through the sound

Music is:

Nourishment
Wellness tool
Power that provides energy
A gift for giving and receiving
Musicians and wellness: equilibrium through sound

Music therapy: a short presentation

Music therapy is based on the use of music and its elements (sound, rhythm, melody, harmony) by a qualified professional, in an individual or group experience to promote communication, learning, movement and body expression. It has been proven to respond to physical, cognitive and social needs.


Born in England, music therapy has been developing in other countries, especially in the medical field. In Italy, the language of sound is used in a multidisciplinary approach where man-made sounds are viewed as a curative, psychological and as a musical technique linked to the language of the sound.

Music therapy: its application for schools

Music Therapy is an alternative and creative approach to alleviate anxiety in young people when preparing for school performances. Several studies confirm that music and music therapy reduces stress and encourages the unfolding of innate abilities simultaneously. These qualities naturally strengthen group cooperation in the classroom.

The goal is to encourage participants to find their intuitive relationship with music in order to build a “sound communication area”. Music therapy is an opportunity to grow, change and feel better.

Children will participate in:

1. Musical improvisation
2. Multidisciplinary activities within the group and with sound
3. Free expression

The handling of instruments connects body and oral sound, permitting children a direct route to their “inherent musical intelligence”. This strategy effortlessly dispels performance anxiety. Children discover music as a tool for concentration that positions them as the master of their mind and emotions, therefore overcoming fear and experiencing their true self.
WINTER WELLNESS OUTSIDE

ACTIVITIES FOR SMALL CHILDREN

Trust game: Blind Driver

The children are in pairs. The child in front is closing her/his eyes. The other child behind is driving the bild child by holding her/his shoulders. The child in front must trust the other one behind.

Catch my Tail, Snake!

Children build up a long snake by holding each others' shoulders. The first child is the head of the snake, the last one is the tail. All the children must move together. The head tries to catch the tail, the tail tries to avoid being cought. The end of the game is when the tail is caught.

Pass the Ball!

Children form groups and line up in columns. The ball is passed from the first child to last one above their heads. When the last child gets the ball she/he runs ahead with the ball, stands in front and passes the ball behind. All the team members must do it, the game is over when all the children took their turns. The quickest group is the winner.

Do not Let the Ball Fall down!

Children are standing in circle and holding the rainbow parachute. The have to be cautious and move the parachute together in order to keep the ball on the parachute and not to let it fall down. They have to notice each other's movements and be skillful together to reach success.
Elena’s Dance

Setting: like pins on the chessboard

Introduction:
1 – 8 accenting rythm by bending your knees

Part I
I phrase
1-2 right leg forward, set on the heel and return
3-4 left leg forward, set on the heel and return
5-7 walk 3 steps forward starting with your right leg
8 accent with left leg
II phrase
1-3 walk 3 steps backwards starting with your left leg
4 – accent with right leg
5-8 .turn around starting with your right leg (repeat all 5x)

Part II
1 - 2 one step to the right, accent with the left leg
3 - 4 one step to the left, accent with the right leg (repeat all 10 x)

Part III
Dance everything from part I but faster and faster (repeat all 5x)
Gratitude for Happiness and Health

“It’s not happy people who are thankful. It’s thankful people who are happy.”

This exercise only takes a few minutes and is very good for everyone in class (staff and students).

Practice gratitude

- Sit in an easy pose.
- Eyes are closed.
- Let your hands rest over your knees.

1. I want you to take a deep breath and notice how it feels.
2. Now take another, but this time think about how you are feeling in your heart (it is ok to let the hand close to your heart).
3. Now breath again and think about anything that you can be thankful for; *something in your school, the beauty of the sky, the bird song you heard today, the scent of flowers, friends, the sun on your face, good food, delicious chocolate, the people you love*....

There’s so much beauty and so much to be grateful for. Feel this in your heart and breath a few times.
"Move together in a healthy European way"
Yoga poses
For kids
1. Warm up:

Hello

The horse:

Lion pose:
2-walk in the jungle

A little boy walks in the jungle. It's very hot. The sun is very hot!

The sun pose:

He walks under very big trees.

Tree pose:
The little boy sees a beautiful butterfly.

**Butterfly pose:**

The boy sees a dangerous tiger!

**Tiger pose:**

1. La posture du tigre
2. Expire
3. Inspirer
4. Secouer la jambe
The boy is scared, he sees a dangerous cobra

Cobra pose:

1. La posture du cobra
2. Inspirer
3. Expirer

He sees a crocodile too

Crocodile pose:
3 - stretching

**Cat pose:**

Étirement du côté et du dos

1. La posture du chat
2. Inspirer
3. Recommencer 5 fois

**Turtle pose:**

Étirement de la colonne vertébrale, du dos. Souplesse du bassin

1. La posture de la tortue
2. Séparer les jambes
3. Se pencher et poser front au sol
4. Se redresser
4. Inhale and relaxation:

Inhale (big balloon)

Relaxation: starfish
Children are tender and so are their bones and muscles. While they are in their growing years, their body develops in every aspect. The development of a child sometimes moves on a very slow pace. If you are looking for a physical activity that your child can enjoy, then do consider the practice of performing yoga every day.

Apart from physical vigor, yoga also improves the mental concentration of the child. According to survey, children who perform yoga every day tend to excel in academics, behave better and have more self-control as compared to ones who don’t practice yoga.

Lotus pose is a basic meditation pose that is often included in pranayama breathing exercise. This pose helps to stretch the pelvic region and also helps to correct hormonal imbalance. It also helps to reduce discomfort, control blood pressure, ease and relax the mind.

One of the vital yoga poses natural treatment is the child’s pose that brings about relaxation by soothing the Central Nervous System. It also releases lower back tension and normalizes blood flow throughout the body. Child’s pose feels relaxing, but it is excellent for recovering after any strenuous activity.

Technically, this is two poses, but practiced together they are great for your back, neck, and for reducing anxiety. The most common problem in children nowadays is that they cannot concentrate on one task, their mind is always distracted. This pose helps to calm their body and mind, resulting in increase in concentration. This will also improve your kids’ posture and will keep their spinal cord perfectly in shape.
Above listed Yoga poses can be easily practiced by children for his/her physical and mental development. Yoga is a slow process, it may take time to witness the growth in child but patience is the greatest virtue. Slow and steadily, yoga brings about various positive changes in child’s body. Developing yoga habits in childhood is the lifetime gift he/she can have.

The cobra pose is yet another easy and simple yoga asana that holds an important place in yoga treatment and children can practice it in order to prevent the symptoms naturally. This posture exerts soothing pressure on the stomach and aids to stimulate the body functions. It also helps in better digestion and reducing stress. But it’s best not the hold this posture for more than 30 seconds at a time.

**COBRA POSE**

**RECLINED SPINAL TWIST POSE**

As the name implies, Reclined Spinal Twist pose lengthens and encourages mobility along your spine, massages the internal organs, and stretches the hips, chest, shoulders and upper back. Therapeutically, the pose is both relaxing and re-energizing, and can help to relieve stress and anxiety. Reclined Spinal Twist is also a great counterpose to backbends.

**DOWNWARD DOG**

Downward dog stretches and strengthens the legs and spine while strengthening your arms. This yoga pose generates a lot of movement in the spine and helps to relax the tightness of the shoulder and neck. It also massages and stimulates the abdominal muscles and reproductive organs and enhances the functions of the Central Nervous System.
1. The beginning – breath freely-concentrate.

2. Inhale – increasing flexibility of abdomen, chest and shoulders muscles

3. Exhale – increasing flexibility of back muscles

4. Inhale – left foot forward, right leg stretched – increasing flexibility of legs.

5. Exhale – increasing flexibility of back parts of legs muscles, chest and shoulders muscles.

6. Inhale – increasing flexibility of abdomen, hips, backbone and front parts of thighs

7. Exhale – short rest
8. Inhale – the same as number 6

9. Exhale – the same as number 5

10. Exhale – the same as number 3

11. Inhale – raise your hands and stretch your body

12. The end – breathe freely and relax
WELCOMING THE SUN

1. The beginning - breath freely-concentrate.
2. Inhale - increasing flexibility of abdomen, chest and shoulders muscles
3. Exhale - increasing flexibility of back muscles
4. Inhale - left foot forward, right leg stretched - increasing flexibility of legs.
5. Exhale - increasing flexibility of back parts of legs muscles, chest and shoulders muscles.
6. Inhale - increasing flexibility of abdomen, hips, backbone and front parts of thighs
7. Exhale - short rest
8. Inhale - the same as number 6
9. Exhale - the same as number 5
10. Exhale - the same as number 3
11. Inhale - raise your hands and stretch your body
12. The end - breath freely and relax
This exercise only takes a few minutes and is very good for everyone in class (staff and students).

Whenever you remember it is good to breath with awareness.

- Sit in an easy pose.
- Eyes are closed.
- Let your hands rest over your knees.

This breathing awareness relaxation script will guide you to focus on each stage of a breath as you breath slowly and gently.

Let's begin. Throughout this breathing awareness exercise, breath in this way:

Breath in to the count of four, hold for the count of 3, and breath out to the count of 5.

First, notice the breath as it enters your nose. Notice each time you breath in. Notice the way the breath feels on your nostrils.

It goes like this:

Breath in...2....3....4..... hold...2...3....exhale...2....3....4....5...

Breath in...2....3....4..... hold...2...3....exhale...2....3....4....5...

Breath in...2....3....4..... hold...2...3....exhale...2....3....4....5...

Breath in...2....3....4..... hold...2...3....exhale...2....3....4....5...

Continue to breath at this slow pace.

Repeat if you want.