Materials List:


De Luca, Marcia. *Let’s Play Yoga!: How to Grow Calm Like a Mountain, Strong Like a Warrior, and Joyful Like the Sun.* New York: The Experiment, LLC, 2018.


---

**Kids’ Sun Salutation:**

- Sun up (standing, hands over head)
- Sun down (forward fold hands toward the floor)
- Go to bed (plank hands and toes or hands and knees)
- Go to sleep (lie on stomachs, fake snoring)
- Wake up (push back up to plank on hands/knees, hands/toes)
- Get up (stand up)
- And walk into a brand new day (cha cha cha cha)

Contact Information:

Jeri Light
jlight@siouxfalls.org

---

F282410.ai