



MOVEMENT TUESDAY - SITTING TOCO EL SOL

Sitting Toco el Sol

Welcome students to Mindful ME. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Use finger-touching or belly breath to help students center their attention.

"Today, we are going to learn how to do a seated Sun Salutation. In Spanish, we can call this series of poses, *Toco el Sol*.

Play Sitting Sun Salutation video below or read the instructions here:

Seated Toco el Sol

(Start in a comfortable seated position in a chair or seated on the ground)

- Using your thumbs, point to yourself and say, "I am OHMazing®"
- Reach your arms and hands overhead and say, "I am OHMazing®"
- Bring your palms together, lean to one side, and say, "Namaste"
- Lean to the opposite side and say, "Namaste"
- Bring your palms to the floor in front of you and say, "Touch the earth"
- Make muscle arms and say, "I am strong"
- Reach your arms up in a "V" and say, "I am fun"
- Hug yourself and say, "Shanti"
- Switch the top arm, hug yourself, and say, "Shanti"
- Reach your arms up overhead and say, "I touch the sun"

Repeat the sequence several times. Ask students to pause and notice how they feel after doing the sequence

Pose Modifications Seated Toco el Sol can be done from a seated position on the ground or in a chair.