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| Time | Activity | Resources |
| 2-mins | Check-in: How are you feeling today? Say one word or number from 1-5 on a scale |  |
| 5-mins | Nadi Shodhana / Alternate Nostril Breathing: Introduce the technique. Guide through 4 cycles and give 1-min to do independently.  Check in with them afterwards. How did it feel? How do you feel now? | Essential oil or balm (rose / lavender) |
| 5-7min | EFT: Introduce concept. Write script together  Do 2 rounds together  Check in with them afterwards. How did it feel? How do you feel now? | Pen and large paper to write words and script  Background music |
| 20-mins | Restorative poses:  >> Child’s Pose  >> Reclined Heart Opener  >> Reclined Spinal Twist  Guide breathing technique with long exhale (inhale for 3: exhale for 6) | Soothing background music  Blankets  Eye pillows  Bolster / cushion |
| 20-min | Yoga Nidra | Quiet background music  Blankets  Eye pillows  Bolster / cushion |
| 3-min | Self massage: Neck, collar bone, ears and forehead | Soothing background music |
| 3-min | Mantra Meditation: Guide aloud for 1-minute (chanting together). Give 1-min to do independently in their minds  Close with a humming bee breath or chanting Aum |  |

**A 60-min class for Yoga for Teen Anxiety / Exam Stress / Restorative Yoga for Teens**