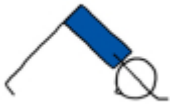
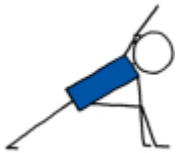
Dolphin Peak Pose: Become A Dolphin To Allow More Fun To Flow In Your Life

 Child	 Hero	 Cat Cow	 Cat Head To Knee	 Downward Facing Dog Knees Bent	 Down Dog
 High Lunge	 Low Lunge	 Extended Side Angle	 Dolphin	 Table Top	 Tiger
 Plank On Forearms	 Child	 Repeat Sequence X5	 Dolphin Relaxation	 Dolphin Breath	

Lesson Plan Description:

AIM: To give a 90-minute class with the build-up towards DOLPHIN (Makarasana) pose.

OBJECTIVES: By the end of the lesson students will be able to:

- Perform Dolphin Sequence
- State a few benefits and precautions of Dolphin Pose
- Perform a modification of Dolphin Pose
- Explore the idea of flowing with life
- Perform Dolphin Breathe

DOLPHIN SYMBOLISM: Allow yourself to have more fun. Dolphins are known for their ability for having fun. They are playful and filled with joy. They are also nimble and strong. Allow yourself to become a dolphin and be aware of all the things to be joyous of in your life right now. Joy is your birthright. You don't have to 'do' something to deserve basking in joy.

CASE STUDY: How I taught this dolphin themed class

You can create lesson plans like this using the Genie Lesson Planner