



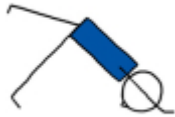


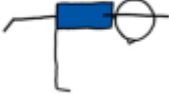












## Caterpillar To Butterfly: Be The Change That You Wish To See In The World

 <p><b>Caterpillar</b></p>	 <p><b>Cat Cow</b></p>	 <p><b>Downward Facing Dog</b></p>	 <p><b>Downward Facing Dog Knee To Nose</b></p>	 <p><b>Downward Facing Dog Leg Up</b></p>	 <p><b>Warrior I</b></p>
 <p><b>Warrior II</b></p>	 <p><b>Warrior III</b></p>	 <p><b>Downward Facing Dog</b></p>	 <p><b>Standing Forward Bend</b></p>	 <p><b>Shoulder Shrugs Standing</b></p>	 <p><b>Mountain</b></p>
 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Chair</b></p>	 <p><b>Eagle</b></p>	 <p><b>Horse Arms To Side</b></p>	 <p><b>Squat</b></p>	 <p><b>Child</b></p>



**Hero**



**Cow Face**



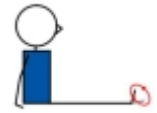
**Easy Side Bend I**



**Easy Twist**



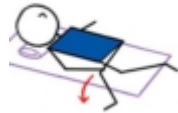
**Confidence**



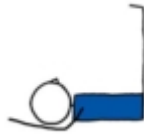
**Ankle Rotation**



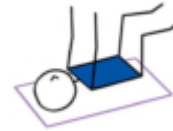
**Bridge**



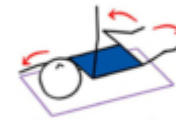
**Lying Twist**



**Supine Legs Raised**



**Dead Bug**



**Dead Bug Swimming**



**Knee To Chest**



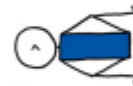
**Eye Of The Needle**



**Knees To Head**



**Supine Superman**



**Supine Butterfly I**



**Roll**



**Butterfly**

## **Lesson Plan Description:**

### **Caterpillar To Butterfly: Be The Change That You Wish To See In The World**

**Start Pose:** Caterpillar

**End Pose:** Butterfly-

The class will start with you in "caterpillar pose" and end with you transformed in "butterfly pose".

Butterflies are symbolic of change because of their remarkable transition from caterpillar to butterfly.

On a personal level, the butterfly is a testament to taking change with grace.

The butterfly is a superior reminder that revolutionary change can leave us free, beautiful and vibrant. Butterflies move from one state of being into another. They turn into a whole new organism! If this isn't a metaphor for a soulful 'make-over', I don't know what is.

Let the butterfly remind you that even though transition can be a painful growth process, it can potentially render you utterly stunning.

### **Quotes About Change**

"Be the change that you wish to see in the world."~Mahatma Gandhi

"Everything begins with the resolve to take the first step. From that action, wisdom arises and change begins. Without action, nothing changes." ~Daisaku Ikeda

"If you change the way you look at things, the things you look at will change."~Wayne Dyer

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."~Mother Teresa

"Some changes look negative on the surface but you will soon realise that space is being created in your life for something new to emerge."~Eckhart Tolle

You can create lesson plans like this using the [Genie Lesson Planner](#)