






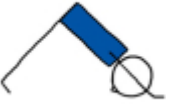



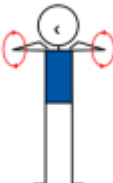






## Camel Peak Pose: Champion Of The Long-Haul Journey

 <p><b>Gentle Warmup</b></p>	 <p><b>Hero</b></p>	 <p><b>Camel Preparation</b></p>	 <p><b>Cat Cow</b></p>	 <p><b>Table Top</b></p>	 <p><b>Knees Chest Chin</b></p>
 <p><b>Extended Puppy</b></p>	 <p><b>Cobra</b></p>	 <p><b>Downward Facing Dog</b></p>	 <p><b>Gentle Lunge</b></p>	 <p><b>Low Lunge Hands Clapsed</b></p>	 <p><b>Shoulder &amp; Chest Sequence</b></p>
 <p><b>Shoulder Shrugs Standing</b></p>	 <p><b>Shoulder Rotations Standing</b></p>	 <p><b>Standing Backbend</b></p>	 <p><b>Chair Arms Behind</b></p>	 <p><b>Standing Fold Arm Lock</b></p>	 <p><b>Crescent Lunge</b></p>



**Dancer**



**Warrior III Squat**



**Warrior II**



**Downward Facing Dog**



**Plank**



**Child**



**Camel Pose Sequence**



**Hero**



**Camel Hands On Hips**



**Baby Camel**



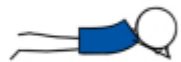
**Camel**



**Extended Child**



**Relaxation**



**Crocodile**

## Lesson Plan Description:

### Class theme

Become A Camel: Champion Of The Long-Haul Journey

From a spiritual stand-point, camels are champions of the long-haul journey. When you find myself getting impatient, practice [Camel Pose](#) and repeat this mantra: "*One step at a time*".

### Peak Pose

[Camel Pose](#)

One of the top benefits of practicing [Camel Pose](#) is that it gives your busy brain permission to melt like an ice cube on a sunny day.

### Camel Symbolism

Tune into one of the following camel symbolism when practicing camel pose:

*"I call upon the camel for strength, endurance, and protection."*

*"Camels transport precious cargo. What precious cargo do I have that isn't being transported to others?" (e.g. a skill that isn't being used, your friendship, your love, etc).*

*"Is there any journey (spiritual or physical) I've been meaning to take, but have been putting off?"*

*"Is there any pilgrimage I'd like to take (e.g. trace family routes, walk the entire Welsh coast, etc)?"*

*"If I've had an arduous journey today (or recently), I will perform camel pose and take on the camel's inspirational endurance."*

*"Instead of finding the unknown journey ahead of me daunting, I will become a camel in my mind and take one step at a time, soon my mind will move from fear to peace."*

*"If I find myself rushing around getting stressed, I will practice camel pose in my mind or on my mat to be mindful of my energy levels."*

*"The camel never rushes because it knows the eternal moment is always in the NOW. Rushing around means I miss the NOW, and miss the beauty and joy of life's journey."*

*"Whenever I feel like I'm running on empty, I will get into camel pose to fill up my energy levels."*

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