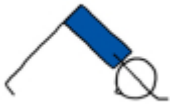
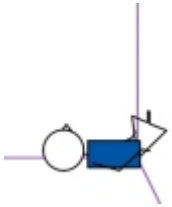
Valentines Yoga: All You Need Is Love And Yoga

 **Heart Openers**	 **Mountain**	 **Mountain Palm Lock**	 **Standing Backbend Arms Up**	 **Five Pointed Star**	 **Fig Tree**
 **Crescent Moon**	 **Cat Cow**	 **Camel Namaste**	 **Extended Child**	 **Upward Facing Dog**	 **Downward Facing Dog**
 **Extended Child**	 **Pelvic Floor Exercises**	 **Squat**	 **Reclined Bound Angle Wall**	 **Reclined Bound Angle II**	 **Bridge**

 **Partner Yoga**	 **Engage Core I Partner**	 **Seated Twist Partner**	 **Seated Side Bend Partner**	 **Camel Partner**	 **Elevator Partner**
 **Closing**	 **Knees To Chest**	 **Savasana**			

Lesson Plan Description:

Theme: Valentines Yoga: All You Need Is Love And Yoga

Aims:

To promote physical and emotional connection through yoga, focusing on heart openers, pelvic floor exercises, and partner yoga.
To encourage self-love and appreciation, as well as connection with a partner, using yoga as a medium for shared experience and mindfulness.

Objectives:

Students will practice a sequence of heart-opening poses to enhance flexibility and open the chest area, promoting better posture and emotional well-being.
Students will engage in pelvic floor exercises to strengthen the core and pelvic muscles, improving overall stability and control.
Students will perform partner yoga poses to build trust, improve communication, and deepen their yoga practice through shared poses.
Students will learn to coordinate breath and movement, fostering a sense of harmony and relaxation.
Students will experience a blend of individual and partner-focused exercises, enhancing both personal and shared yoga practice.

Love Quotes:

Pick a love quote to tune into while practicing Valentines yoga.
“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.” ― Martin Luther King Jr
“Lovers don’t finally meet somewhere. They’re in each other all along.” – Rumi
“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” – Helen Keller
“Without Valentine’s Day, February would be…well, January.” – Jim Gaffigan
“What the world really needs is more love and less paperwork.” – Pearl Bailey
"When love is not madness, it is not love." – Pedro Calderon de la Barca
"All you need is love. But a little yoga now and then doesn't hurt."
"For it was not into my ear yoga whispered, but into my heart. It was not my lips you kissed, but my soul."
"Where there is great love, there is yoga in action."
"They invented yoga to let people know you love them without saying anything."
"Yoga, you are always new, the last practice was ever the sweetest."
"I'd kiss a frog even if there was no promise of a Prince Charming popping out of it. I love frogs. That's yoga."
“Roses are Red, Violets are Blue, My heart is Full of Love for yo...ga.”
“Roses are Red, Violets are Blue, I’ve never met anyone as beautiful as yo...ga.”

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