

Journey to Outerspace

1. Kite: Breathe in as you raise your arms above your head, bringing palms flat together. Stretch and reach high as you soar gently, swaying up through the sky. Breathe out and lower your arms.
2. Airplane: Lie flat on your belly, arms down by your side, palms up. Inhale as you raise your arms up and slightly away from your side; lift your chest and legs (if you can) off the ground. Try to hold for a count of five. Exhale as you lower back down to rest.
3. Rocket: Run in place faster and faster. When your boosters are fired up, lift off jumping up as high as you can. As you jump, don't forget to push your air out, making a blast-off sound.
4. Sun: Complete as many sun salutation asanas as you like.
5. Crescent Moon: Stand with feet slightly apart. Inhale. Exhale as you bend at the waist to one side with one arm arched over your head and the other down at your side. Inhale as you straighten up. Exhale as you repeat on the other side.
6. Saturn: Stand with feet slightly apart, arms slightly raised at your side. Begin twisting at your waist, swinging your arms around as you go to create Saturn's rings.
7. Jupiter: Sit cross-legged, place your hands on the floor behind you and away from your body. Lean back, tip your head back and push out your chest. We say our big red spot is on our chest and we want to show it off!
8. Star: Stand with feet shoulder-width apart, arms out to your side held up shoulder height, palms down. Begin shifting your weight and rocking side to side with one foot coming off the floor. Keep going back and forth.
9. Falling Star: From the stationary star pose, exhale as you bend at the waist and touch your right hand to your right foot. Inhale as you come back up. Repeat on other side and do as many repetitions, alternating sides, as you like.
10. Warrior Constellation: Stand in Star pose, turn your right foot pointing outward, bend your right knee as you lunge slightly over your right foot. Hold for for a moment. Come back to center and repeat on other side.
11. Star Jump: Stand upright, exhale as you bend at your waist and walk your hands forward to plank position. Bring one foot forward up so that you are in a lunge position. Jump your other foot up, alternating positions. Keep jumping across those stars to begin the journey home.
12. Airplane: see above; you're almost there!
13. Rest (child's pose): You've made it home! From the airplane rest position, place your hands on the floor near your shoulders and push back into child's pose, sitting on your heels with arms stretched out in front of you. Inhale and exhale several times.



* some children said they were covered in star dust and needed to go in the washer in dryer (see Jungle Walk). Add this to the end of the sequence if you like. Finish with a full inhale and exhale. You've made it home!