



# IMAGINE YOGA IN THE OCEAN

Let's take 3 nice deep **Yoga Breaths** to relax our bodies.

Put one hand on the floor and **Reach One Hand Up** (Side Stretch) to the sky, look up and take a deep breath. Repeat on opposite side.

**Today we are going to Imagine Yoga in the Ocean**

**Close your eyes** (Mindful Stillness) and imagine you can hear the sounds of the ocean waves. Slowly breathe in and out, enjoying the fresh ocean air. Open your eyes and begin moving like the **Ocean Waves** (Seated Forward Bend). All of a sudden you look down and see you've become a **Mermaid/ Merman** (Seated Spinal Twist). Begin swimming gracefully into the deep blue sea. Feel the soft leaves on your face as you swim through the **Seaweed Forest** (Tree Pose). Wait, I hear something in the distance. Beep, beep, beep. It's an enormous **Submarine** (Standing Forward Twist). The submarine uses it's periscope to look above the water. How fun! It's a **Surfer** (Warrior 2) hanging loose and riding the waves.

Attached to the bottom of the surfboard there is a silly little **Starfish** (Triangle Pose). Next you see a pod of **Dolphins** (Standing Forward Bend) leaping up through the waves and back down to the water.

In the distance you see a huge pirate ship row, row, rowing around the ocean. You become the captain of the **Kindness Pirates** (Boat Pose) and help pick trash out of the ocean. The ocean creatures all come to the surface to greet you and thank you for keeping their home safe and clean. Now that the ocean is clean, you see something sparkling at the bottom of the ocean. **Dive** (Downward Dog) off the **Plank** (Plank Pose) and **Swim** (Locust Pose) down to see what it is. It is a **Treasure Chest** (Upside Down Child's Pose)! Inside the treasure chest you find two things. One is something that you want (Jewels, baby dragon, etc.). The other thing is a kind wish for the world. Make your magical kid wish and send it up to the stars. Right next to the treasure chest swims a brightly colored **Octopus** (Happy Baby Pose) that is swimming to the top of the sea. Become a **Butterfly** (Butterfly Pose) and as you fly over the water, send your love and well wishes to the ocean and all of the life that she holds.

Rest back in **Savasana**, close your eyes and breathe.

**Kind Hearts. Kind Words. Kind Thoughts.**

The best in me, honors the best in you. **Namasté**