

From Yoga to Movement Sentences

Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownups by Tara Guber and Leah Kalish

- Teacher scatters cards of various shapes and levels around the room
- Find and explore cards individually
 - Metallophone improvisation accompaniment
 - Where is the tension in your body?
 - Does you feel a glide? Or a press?
 - How can you move into, hold, and out of each pose in a sustained fashion?
- Instead of simply walking between each card, how can each pose turn into the next?
- Choose two cards to remember
- How can you grow from rock → first card → second card → rock
 - Elemental form: abca
- What if you could change the order and create your own elemental form?
 - Can begin and end in any card/shape
 - How does the music accompaniment change your movement?
 - Metallophone improvisation
 - “Quando fernesce ‘a Guerra” by *Nuova Compagnia di Canto Poplare*
 - “Ostry film zaangazowany” by *Male Instrumenty*
- Partner Composition
 - Discuss different cards with your partner
 - How can you create an elemental form incorporating something from each partner?
 - Partner movement sentence could mirror each other or create contrast
 - How do you begin?
 - How does the movement happen? Simultaneously? Opposite?
 - How do you end?

Sasa

A Polynesian dance, Sasa is performed with everyone sitting criss-cross on the floor. The leader accompanies on the drum. I recommend a set of congas or the bongos. Learned from Sofia Lopez-Ibor.

Call (leader only): Togie togie togie

Response: E (‘ay’) A (‘aw’) Togie

Milli Lima: rub hands together

Pate: high clap (fingers of one hand into palm of other)

Po: low clap (both palms together)

Lua pate: two high claps
Lua pate male po: two high claps and one low clap
Tulloloh: fall asleep
Nofo: wake up suddenly

The following steps are for 8 beats and always end with lua pate male po (2 high, 1 low)

Tahova*: wave with one hand, pat with other
Talofa*: R arm extended, L hand tap wrist, shoulder, head, point out (2x)
Shiva: ocean waves side-to-side
Thunder: hand roll on the ground
Lightning: sharp shapes with arms to the beat
Rain: falling fingers
Wind: whirling arms
Storm: choose thunder, lightning, rain or wind
Sun: sunshine, head, shoulders, knees (2x)
Crocodile: One hand behind head/other out to side, switch, chomp, chomp (2x)
Snake: hands together like a snake, swimming side to side with 's' sound on the beat
Bird*: knees, palm of floating hand (3x double time), raise moving hand for floating hand to hit elbow (2x)
Monkey: R out forward (like a stop sign), L out, R side out, L side out, both arms up and around from L to R (2 beats), both arms up and around from R to L (2 beats) (repeat again after lua pate male po)

In the boat: Press arms into ground to lift body and turn slightly, down (4x) until in horizontal lines

Row: L, L, R, R rowing motions (2x – 16 beats total)

Bird*: One arm out in front, other behind, wave arms slightly for 8 beats

Back to front: Repeat 'in the boat' except turn back to face front

Nima Nima (ending): 5 / 5 / 3 / 3 / 2 / 2 / 1

5: Back floor, front floor, knees, arms cross, arms cross

3: front floor, knees, arms cross

2: front floor, knees

1: clap!

* Remember to do both sides, placing the lua pate male po at the end of each