

# Kids Yoga (Asana) Course

## 兒童瑜珈課程

Class 單元	Course 內容
1	<ul style="list-style-type: none"> <li>• Introduction 介紹</li> <li>• Namaskar 瑪迦問訊禮</li> <li>• Rules for Asana (Yoga) 瑜珈注意事項</li> <li>• Half bath 半浴</li> <li>• Warm up exercises (WUE) 暖身</li> <li>• <b>New</b> 新體位法介紹: Shavasana (Corpse posture) 攤屍式/大休息, Titali asana (Butterfly posture) 蝴蝶式.</li> <li>• Massage 按摩</li> </ul>
2	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review</b> 體位法複習: Titali asana 蝴蝶式.</li> <li>• <b>New</b> 新體位法介紹: Suptaudarkarsanasana (Sleeping abdominal stretch posture) 仰躺腹部伸展, Tiryaka Bhujangasana (Twisting Cobra posture) 扭轉眼鏡蛇式.</li> <li>• Massage 按摩</li> </ul>
3	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review</b> 體位法複習: Suptaudarkarsanasana 仰躺腹部伸展, Tiryaka Bhujangasana 扭轉眼鏡蛇式.</li> <li>• <b>New</b> 新體位法介紹: Setu asana (Bridge posture) 橋式.</li> <li>• Kaosikii (Yogic Dance) 高士基舞</li> <li>• Massage 按摩</li> </ul>
4	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review</b> 體位法複習: Setu asana (Bridge posture) 橋式.</li> <li>• <b>New</b> 新體位法介紹: Santolanasana (Balancing posture) 平衡式, Trikonasana (Triangle posture) 三角形式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> </ul>
5	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review</b> 體位法複習: Santolanasana 平衡式, Trikonasana 三角形式.</li> <li>• <b>New</b> 新體位法介紹: Marjarasana (Cat stretch posture) 貓式, Padmasana (Lotus posture) 蓮花式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation (Concentration of mind) 靜坐 (意念集中)</li> </ul>

Class 單元	Course 內容
6	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review 體位法複習:</b> Marjarasana 貓式, Padmasana 蓮花式.</li> <li>• <b>New 新體位法介紹:</b> Vyaghrasana (Tiger posture) 老虎式, Shava udarkarsanasana (Spinal twist &amp; abdominal stretch posture) 脊椎扭轉腹部伸展式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation 靜坐</li> </ul>
7	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review 體位法複習:</b> Vyaghrasana 老虎式, Shava udarkarsanasana 脊椎扭轉腹部伸展式.</li> <li>• <b>New 新體位法介紹:</b> Gatyatmaka meru vakrasana (Dynamic spinal twist posture) 動態脊椎扭轉式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation 靜坐</li> </ul>
8	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review 體位法複習:</b> Gatyatmaka meru vakrasana 動態脊椎扭轉式.</li> <li>• <b>New 新體位法介紹:</b> Ardha ustrasana (Half camel posture) 半駝式. Ustrasana (Camel posture) 駱駝式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation 靜坐</li> </ul>
9	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review 體位法複習:</b> Ardha ustrasana 半駝式, Ustrasana 駱駝式.</li> <li>• <b>New 新體位法介紹:</b> Simha garjanasana (Roaring lion posture) 吼獅式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation 靜坐</li> </ul>
10	<ul style="list-style-type: none"> <li>• WUE 暖身</li> <li>• <b>Review 體位法複習:</b> Simha garjanasana 吼獅式.</li> <li>• <b>New 新體位法介紹:</b> Jhulanasana (Rock-n-roll posture) 搖滾式, Cakrasana (Wheel posture) 輪式, Tadasana (Palm tree posture) 樹式.</li> <li>• Kaosikii 高士基舞</li> <li>• Massage 按摩</li> <li>• Meditation 靜坐</li> <li>• Sharing 心得分享</li> </ul>