

Respect (Mnaadendimowin) – Full Yoga Flow

Length: 30–40 minutes

Focus: Grounding, awareness of self and others, calmness

Theme Message: *Respect means honoring ourselves, others, and all living things. We show respect through how we move, speak, and listen.*

◆ **Opening (5 minutes)**

Seated Intention + Breathwork

- Sit in Easy Pose (cross-legged)
 - Eyes closed or soft gaze
 - Inhale: “I honor myself” – Exhale: “I honor others” (x3)
 - Introduce the teaching of **Respect**, and explain how we’ll reflect that in our movements.
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◆ **Warm-Up (5 minutes)**

Gentle Stretches & Activation

- Neck rolls
 - Shoulder rolls
 - Seated side stretch
 - Cat/Cow (on hands and knees)
 - Downward Dog – pedal feet
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◆ **Standing Flow (15 minutes)**

Slow, Grounded Movements

1. **Mountain Pose** – strong and steady
2. **Forward Fold** – bow with humility
3. **Half Lift** – long spine

4. **Lunge** – step back into low lunge, stretch hips
5. **Warrior II** – “I stand strong with respect”
6. **Reverse Warrior** – reach back, reflect inward
7. **Triangle Pose** – open the heart
8. **Repeat other side**

Balance Sequence:

- **Tree Pose** (hands at heart or overhead)
 - **Eagle Pose** – cross arms and legs, hug into self
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◆ **Floor Series (10 minutes)**

Stretching & Reflection

- **Seated Forward Fold** – calm body, quiet mind
- **Butterfly Pose** – honor our body’s limits
- **Supine Twist (both sides)**
- **Happy Baby** – gentle playfulness
- **Savasana** – full rest

While in **Savasana**, read aloud:

“Respect means treating all creation with kindness. When we move gently and listen deeply, we show respect for ourselves and the world around us.”

◆ **Closing (5 minutes)**

Seated Circle + Reflection Prompt

- Return to Easy Pose
- Ask: “How did you show respect in your movement today?”
- Invite students to write or draw their answer afterward if desired.