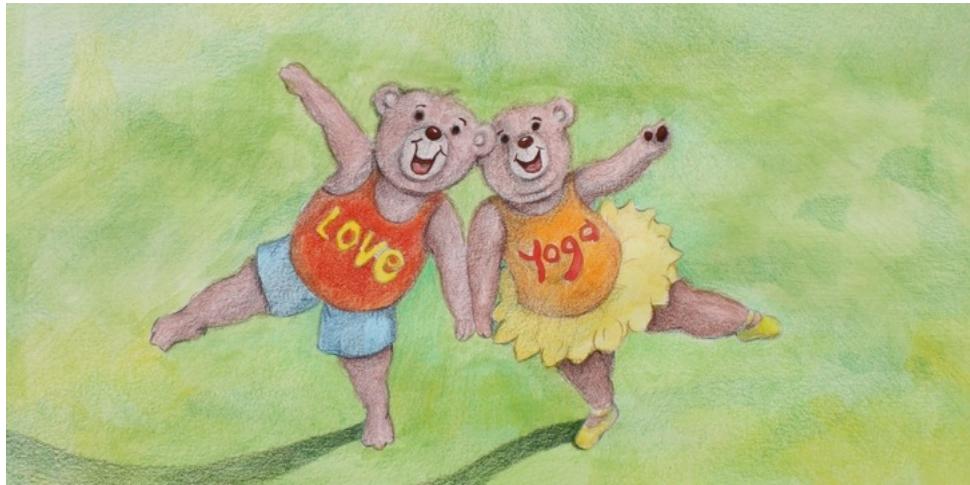


Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste

www.monicabatiste.com.au

Trust



Trust helps you build connections with others. When you trust yourself you take chances. When you trust others you give them an opportunity to take care of you.

When you trust a child to know they can take care of themselves, you give them an opportunity to develop confidence and resilience. When you say to a child 'I know you can do this', you are demonstrating trust.

Trust is the virtue that keeps relationships strong.

Building trust in relationships takes time

When you trust someone, you know they will take care of your feelings when you are sad or happy. Trust means keeping a space of respect for someone, knowing you are safe. When trust has been broken, it can be repaired, but it takes time.

Learning about trust through yoga

To help a child build trust in themselves, invite them to a yoga posture they are challenged by. Let them know you believe they can achieve this. As they build the skills to this posture, they are building the skills to trust and believe in themselves.

To help a child trust another, partner yoga gives this opportunity.

Monica Batiste

Author Artist Yoga teacher

www.monicabatiste.com.au

Email info@monicabatiste.com.au

Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste

www.monicabatiste.com.au

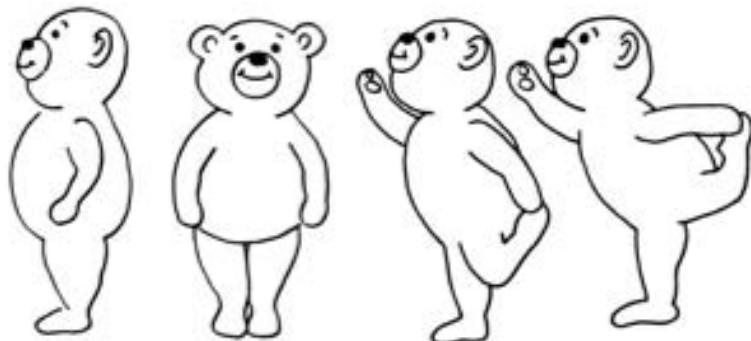
Partner yoga posturers

Dancers pose



When practising dancer's pose, invite children to balance by holding hands

How to do Dancer's Pose



Mountain Pose Small Tree Pose Dancer's Pose

Start in Mountain Pose, breathe in and step right foot forward, hold left foot in left hand (small Tree Pose) and stay here for option one. For option two, press foot into hand and lift foot to sky. Reach right hand forward. Press body down, but lift head and heart. Lift leg higher, stay focused and hold for up to thirty seconds, using your breath to stay focused. Look at one spot to help you balance.

Return to Mountain Pose and change sides.

Benefits of Dancer's Pose

Core support, balance, strength through thighs and arms.

Virtues Developed

Trust, grace, confidence, balance, focus, concentration.

Monica Batiste

Author Artist Yoga teacher

www.monicabatiste.com.au

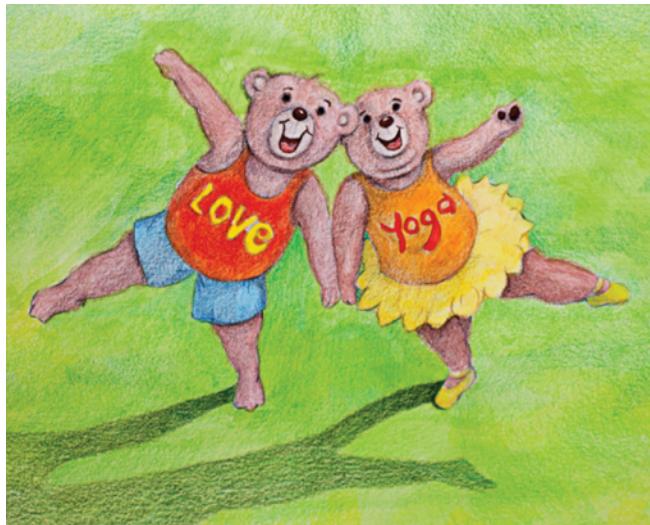
Email info@monicabatiste.com.au

Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste

www.monicabatiste.com.au

Constellation of stars



Star pose is perfect when you add another star to your constellation

How to do Constellation of Stars Pose

Stand with a friend an arm's length apart and hold hands. Slowly lift outer leg, supporting friend for balance. Hold up outer arm and make the shape of a star. Can also be done with several friends.

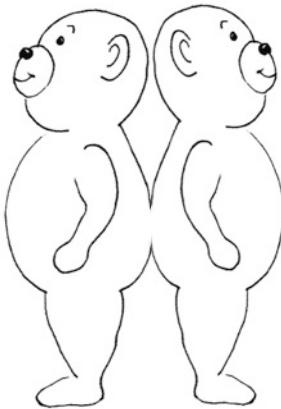
Benefits of Constellation of Stars Pose

Balance, core strength, teamwork.

Virtues Developed

Friendship, trust, balance, confidence, joy.

Supporting squats



Begin back to back, linking arms will help. Slowly lower into a squat and rise again, using each other as support

Monica Batiste

Author Artist Yoga teacher

www.monicabatiste.com.au

Email info@monicabatiste.com.au

Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste

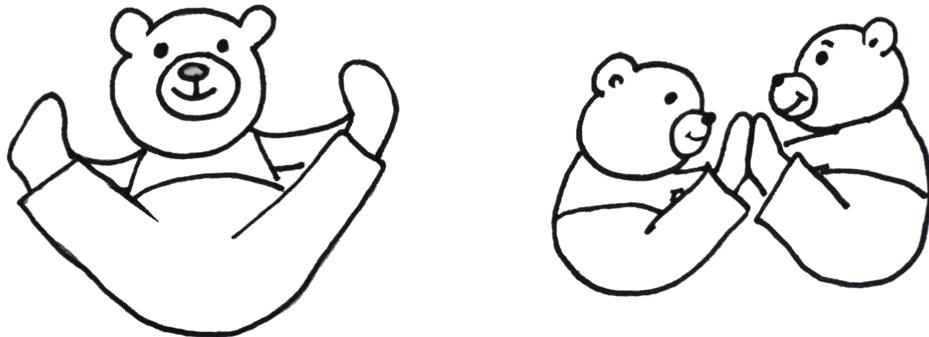
www.monicabatiste.com.au

Forest of Trees



Link arms and bring one foot to inside foot, calf or thigh to become a forest of trees

Tail balance



A tricky balance for sure. Balance on tail bone and sitting bones, lean back and hold feet in hands, slowly stretch out legs keeping balance (a soft pillow behind helps make a soft landing if balance tips).

For partner work, bring feet together, hold hands and slowly stretch out. Excellent strength, stretch and trust

About Monica Batiste



Monica is an author, artist and yoga teacher. She is passionate about personal development and believes emotional intelligence is *the key* to helping you create a happy and successful life; whatever that means for you.

She is the author of several books on emotional intelligence and yoga, which can be viewed from her website.

She lives in North Brisbane with her lovely husband Andreas, and between them they have four beautiful daughters, and seven awesome grandchildren.

Monica Batiste

Author Artist Yoga teacher

www.monicabatiste.com.au

Email info@monicabatiste.com.au