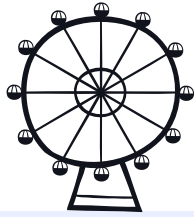


Wheels Lesson Plan



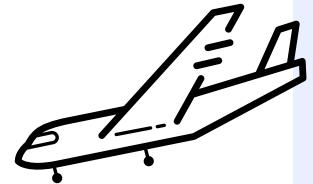
Warm-Up Moves:
Things with Wheels



Prop(s) with wheels
you can bring into class:



Movement for stuck wheels and how to get them moving:



Relaxation Music / Reflection Activity:



Young Yoga Masters

