



Hebrew Yoga by Sharon James

Subject Area: Prayers and Hebrew
Multi lesson plan/educational
Target Age Group: 7 years - adult

Lesson Objectives:

- To embody the Hebrew alphabet through yoga.
- Learn Hebrew letter yoga
- Learn how to spell Hebrew words
- Learn prayers
- Learn roots

Materials: Yoga poses

Resources: Yoga Book Aleph-Bet Yoga - By Steven A. Rapp
Prayer studying
ב א poster

Procedure:

1. Show student pictures/poster of the letters, they will be studying.
2. Show student yoga poses for each of the letters
 - a. The student should repeat until they remember the letters
3. Chose word with the letters and have the student spell them in Yoga
Exp אהבה words בגד בד דג
4. Give the student 2 minutes to determine how to spell the word with yoga.
5. Have each student present their yoga to the class
6. Tell each student how many letters are right/wrong
7. Continue steps 4-6 until everyone spelled the word correctly
8. Do with many words as you want
9. After the student feels comfortable making words it's contest time!
10. Choose 2 volunteers and give them each a word of equal length
11. Time each student -- the one who is quickest wins
12. Each lesson often add 4.-5 more letters and always review previous letters

Words suggestions

א-ה אהבה דג בג בא אגדה הגדה

א-ל גדול אוכל זחל אוהל גמל טוב

א-פ נוסע מי כמכה אלוהים כלב ים אמא סבא אח ילד פורים פסח



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א-ת ישראל ארץ ואהבת קידוש תורה מצוה בת.בר מצוה רבי חתול

Variations/Additions

You can do all the short prayers with the yoga like מי כמכה יוצר אור and also use roots