

YOGA FOR SMILES

TEACHING GUIDE

Create a Fun Playlist

Check out some of our suggestions on Spotify!

Cue Smiling

Every 5 minutes remind students to smile.

Alternate Nostril Breathing

Explain cleft while drawing attention to the palate. A cleft occurs when certain body parts and structures do not fuse together in utero. Each year, 200,000+ children are born with cleft in the developing world.

Childs Pose

Begin in child's pose - a resting pose, because a child shouldn't struggle. Every child is born whole. Everyone is complete.

Cobra (or a Peak Pose)

Remind students to smile, relax the jaw, release the tongue from the palate. Become aware of the palate. Become aware of the effortless flow of breath through the nose.

Savasana

Listen to the teacher within. There are no secrets in yoga, just things to learn. Likewise, Smile Train teaches, trains, empowers and funds local doctors in 90+ countries to provide life-changing surgeries for children with untreated clefts. One act of kindness has a ripple effect. Thank your students for their support. Together, we are changing the world, one smile at a time.

