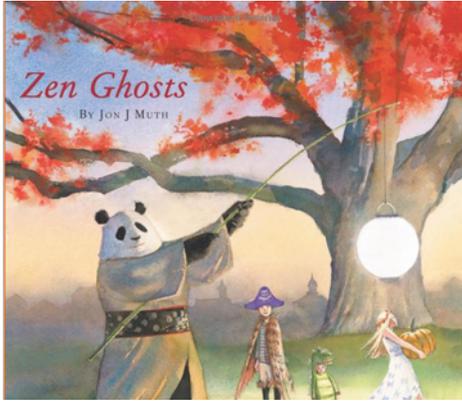


Zen Ghosts by Jon Muth

Discussion Questions and a Yoga Game



I'd like to share this awesome Halloween book with you, *Zen Ghosts* by Jon J. Muth. I promise, you and your students will like this book, and it will raise the hair on the back of your necks!

Presented in the form of a Koan, it will make you think and contemplate the topic of duality. Do we live in a dualistic reality? Is there a non-dualistic reality? These philosophical questions are discussed in the ancient yoga texts and there are different schools of yoga believing one way or the other. Koans don't have the right or wrong answers, but it will invite you to contemplate and think about these questions.

What if you offer the topic of duality for discussion to your students? Jon Muth suggests a series of very intriguing questions:

1. Do we act differently around different people?
2. Which one acts as the real me?
3. Am I being dishonest with someone when I act differently around different people?
4. Am I dishonest with myself?
5. What if someone wants me to do something that the real me wouldn't do?



Mirroring Yoga Game

Ask your students to find a partner. The partners stand facing each other. Decide who is going to be a "Real Kid" and who is going to be a "Ghost". The "Real Kid" will make a move and the "Ghost" will repeat it as in a mirror reflection. Instruct the children to begin with a simple movement like raising an arm, making a step to the side, and so on. Point out that it has to be a mirror reflection, for example, if the "Real Kid" raised his right arm, the "Ghost" needs to raise his left arm. Gradually move to more complex movements and eventually to yoga poses. After playing for 3-5 minutes, switch roles. Depending on the age of the children and their yoga experience, you can make this game as simple or as complex as you'd like.

Enjoy!

© Yoga Break for Children

**Did you like these activities from
Yoga Break for Children?**

**Would you like to receive them on a
regular basis?**

**Get our
Monthly Kids Yoga Unit!**



This is what you will receive:

During the first week of each month you will receive an original Kids Yoga Unit consisting of **three yoga lesson plans** with the **templates** and other **downloadables** needed for those lessons. The lessons will include:

- **book recommendations**
- **yoga pose sequences**
- **breathing techniques**
- **meditations / visualizations**
- **yoga art or craft activities**
- **curriculum connections**
- **yoga games**

This means that if you're teaching one yoga lesson a week to a particular group of kids, your month of teaching kids yoga is planned for you! (For the fourth week we will give you suggestions on how to create a celebration lesson to review everything you've learned in the previous three weeks).

Isn't it amazing?!
No more questions like,
"What do I teach today?"



When you join us for the Monthly Kids Yoga Unit this month, you will receive **your first Unit "Zen Ghosts"**. You will be able to teach the three amazing yoga lessons, have a meaningful discussion, introduce a yoga philosophy concept, do an art activity, play a yoga game and have tons of fun along the way.

Teaching kids yoga has never been easier!

The December's Yoga Unit will introduce another yoga ethical value. So, every month after that you will receive an original Kids Yoga Unit and your students will enjoy carefully designed yoga practices and yoga based activities that educate about yoga ethical values and provide plenty of opportunities to practice yoga, explore and have fun.

**And you don't have to plan!
We take care of that!**

Here is how you can join:

\$18 - monthly payment (USD)

\$197 - yearly payment (USD)

Register

Register

* You can cancel anytime

* You can cancel anytime