

Loving Kindness a suggested Yoga Session Ending



May I be happy and peaceful.
May I be safe and protected.
May I be healthy and strong.
May I live with ease and well being.
May I be filled with loving kindness.
As I wish these things for myself,
I wish them for all plants, for all animals and for all people.
Namaste

Or for younger children:

May I be happy.
May I be safe.
May I be healthy.
May I be kind.
As I wish these things for me.
I wish them for all (relate to the lesson: plants or all the
animals in the zoo or all people in the world, you choose)
Namaste**

**Suggested way to explain for young children the meaning of Namaste =

Share the light of your smile
Share the light of your eyes
Share the light of your ideas with the people you are with today.

*Note: Options for hands: hands on heart, Yoga butterfly hands, make OK signs
with fingers, Peace sign with fingers or hands on knees.

