**Two Activities - Additional Tools for Curriculum Development for Trainers**

**PANTANJALI’S 8 LIMBS OF YOGA ACTIVITY**

**by Satya Kaur and Ajeet Nam Kaur**

**NOTE: This activity can be done along with the History of Yoga or by itself!**

**short & fun activity**

1. **Choose 8 leaves from a garden or nearby tree**
2. **on each leaf write, with gold or silver pen, one of the 8 limbs**
3. **the students select randomly a leaf**
4. **each student then acts out the limb for the other students to guess**

**MANTRA CIRCLE ACTIVITY**

**by Satya Kaur**

1. **Type a list of at least double the number of mantras that are going to be on the exam and from the mantra worksheet**
2. **Cut each of the mantras into a strip, fold the strip and place in a nice bowl for students to select**
3. **Place the bowl at the center of the circle**
4. **Student teachers and trainers sit in a circle each student selects 2 or more mantras from the bowl (depending on the number of students and how much time allotted for this activity.**
5. **Going around the circle, one student at a time names one of their mantra selections, the type of mantra & benefit, then the student asks all in the circle to chant the mantra for 1-3 minutes (depending on time available)**
6. **The mantra circle continues until all mantras have been presented**