Experience
Connection Through Breath

The Power of Reflection

- Connects to self
- Alters brain functions
- Creates flexibility
- Increases learning

The Mindful Brain, Daniel Siegel 2007

Who we are...

Why we are here
What Children Need

- Unconditional positive regard
- Quiet time and calming routine
- A way to release tension and express emotion
- Self regulation
- Self soothing practices
- Positive self-talk
- Structure and routine

Benefits for Educators

- Relationship with students is enhanced
- Healthy Teacher = Effective Educator
- Sets framework to engage students
- United classroom

What Prohibits Learning?

- Declining physical activity
- Violent/overstimulating media
- Sleep deprivation
- Overscheduling
- Changing behavior/academic expectations
- High-fat, high-calorie diets
- Reduced parent time/changes in family structure

Source: Yoga Calm® Jim & Lynea Gille

Yoga's Growing Reach

In our schools
In our community

http://www.youtube.com/watch?v=m7dFe1B6muQ&feature=related
Breathing Inquiry

Yoga Means Union of:
- Emotional Strength
- Physical Strength
- Mental Strength

Principles of Yoga Breathing
- Breathe in and out through your nose
- Longer inhalations energize the body and mind
- Longer exhalations calm the mind
- Deep even breathing creates relaxed alertness, ideal for learning

Expansion and Movement
- Expand = Inhalations
- Contract or Surrender = Exhalation
Experience
Student-Led Yoga

1. Seated Belly Breathing with Hoberman Sphere
2. Seated Pulse Rate
3. Standing Volcano—heartfelt thoughts
4. Wood Chopper
5. Roots and Mountain
6. Tree
7. Seated Twist
8. Relaxation-Compliment

Grounding and Sensory:

“Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself.”

- Hermann Hesse

How Teachers Incorporate Yoga into School Day

- Begin day unifying classroom and school
- Ease transition times
- Cross-Curricular activities
- Specialty applications, eg. test taking, special education and related services
Honoring the Student
Honoring the Space

- Start with the room’s set up and your intention
- Change environment; lighting, music, nature
- Post the rules and create routine
- Empower students to lead poses

Source: Jim & Lynea Gillen

“We must allow children to experience the inner and outer world. Allow them to experience rest and beauty and begin to believe in the world as a peaceful and loving place.”

THANK YOU