

Yoga as Mindful Practices

Checking In: A mindful practice to observe the body alignment, breath rhythm and emotional state. To be done seated, standing or lying. A body awareness technique to discover what the body language is saying about how one is feeling or what one is thinking.

Moving Meditation: Simple range of motion movements which follow the breath. A mindful practice which allows a student to observe if they are holding their breath while they are doing activities, to raise body and breath awareness. Counting is done while moving with the breath to integrate and balance the brain.

Breathing Practices: Voluntary breathing exercises to strengthen the diaphragm to help deepen and regulate the breath, such as, Alternate Nostril Breathing, used for balance and relaxation or Lion Breath, to stimulate student's energy. A mindful practice to enhance observation of breath quality and its effect on the state of being.

Moving Postures: Aerobic type exercises, movements linked together to heat the body. Yoga moves like (Salutation to the sun), dancing (Freeze dance), or other physical education moves (Running, jumping in place, calisthenics). Movements done in a mindful way to warm the body, elevate heart rate, energize the brain and increase the breathing rhythm.

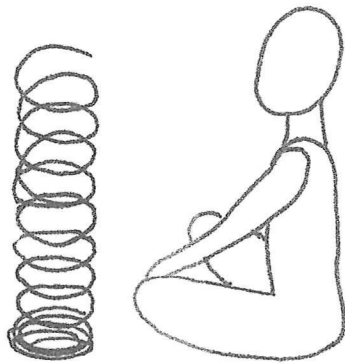
Still Postures: Positions that are held in one spot in order to become mindful of the feeling in the body, the regulation of the breath and the thoughts of the mind. Can be strengthening poses such as lunges (Warrior poses) or balance poses (Tree pose) stretching positions (back of leg stretch, front of leg stretch, twisting stretch)

Teamwork: Activities that allow students to become mindful of their relationship to another student or a group of students. Such as partner yoga, circle dancing, ball games or the practice of conflict resolution scenarios and strategies.

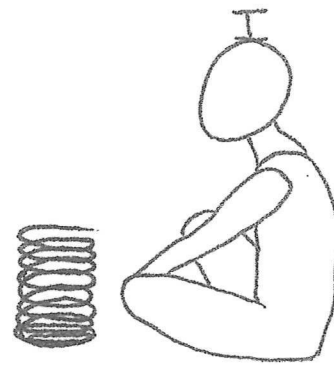
Guided Relaxation: A mindful based practice to relax the body and breath and to focus the mind. It can be done seated or lying (body part identification, creative visualization, counting the breath, or focusing on one object or sound)

Intention Setting: Visualizing or stating to oneself a positive goal or behavior in which to strive for.

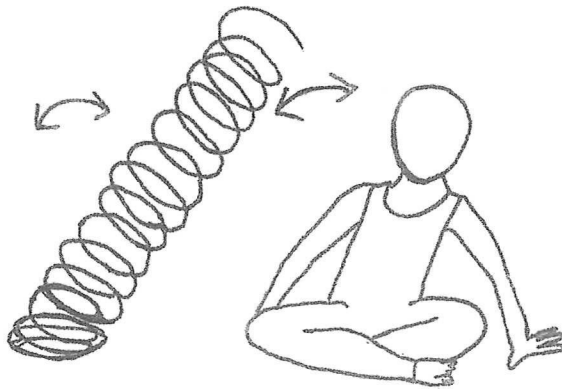
Slinky Spine



Your spine is like a slinky,
it can be stretched tall to help
you think clearly.

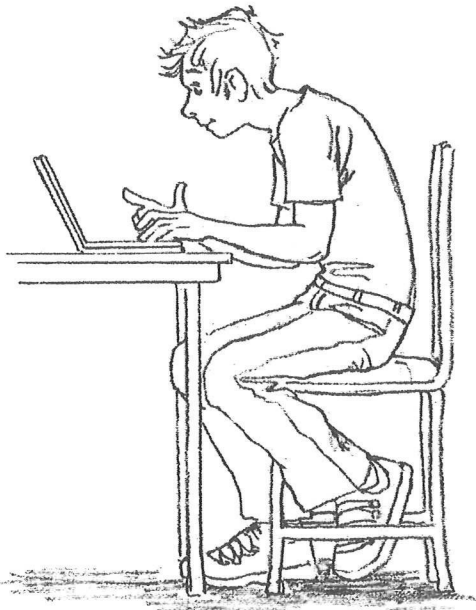


Your spine can shrink down
which is comfortable,
but can make you sleepy.



Your inner spine helps you
to move, giving your actions
power and purpose.

ALIGNMENT



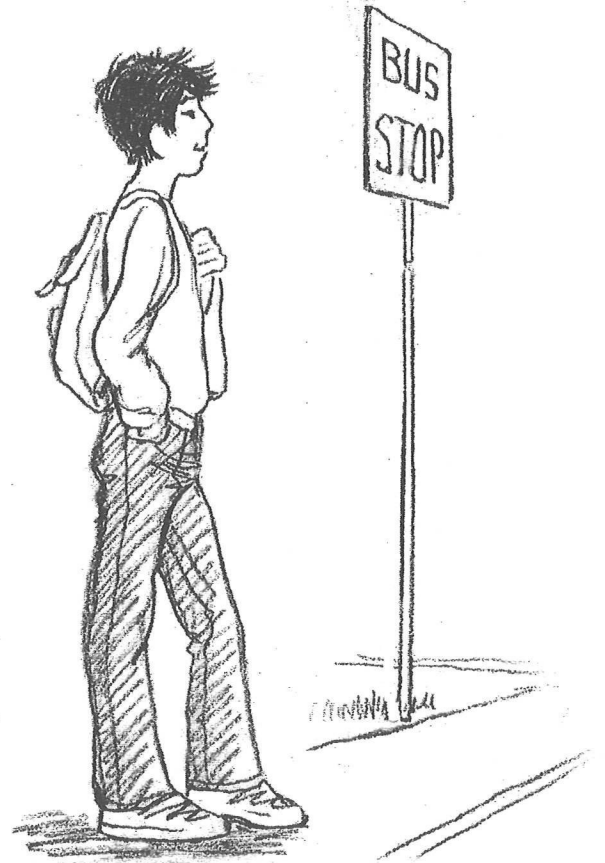
Constricts Breathing



Breathing Easy



Misaligned



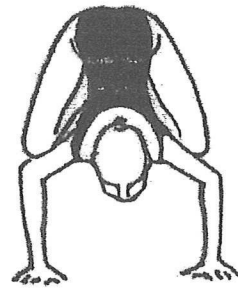
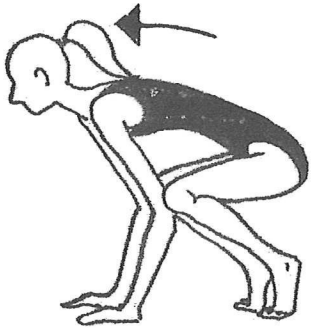
Aligned

Sun Salute Simple Variation

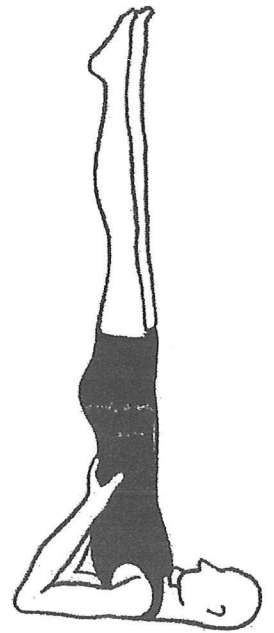


BALANCE FOR FOCUS

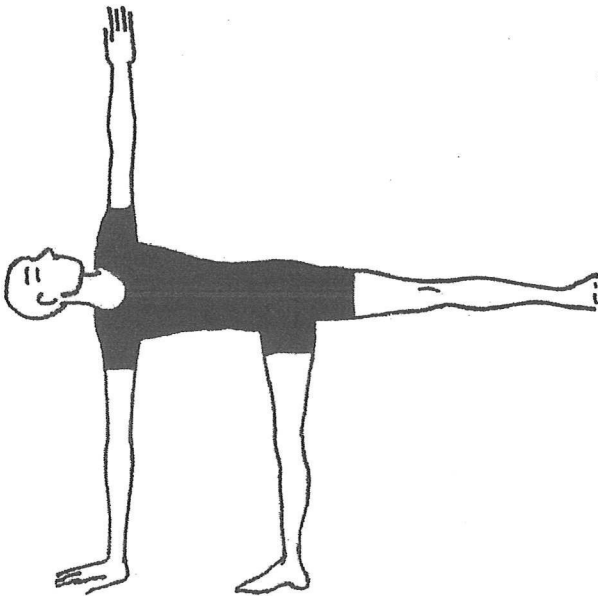
These are some yoga poses that helps you to focus



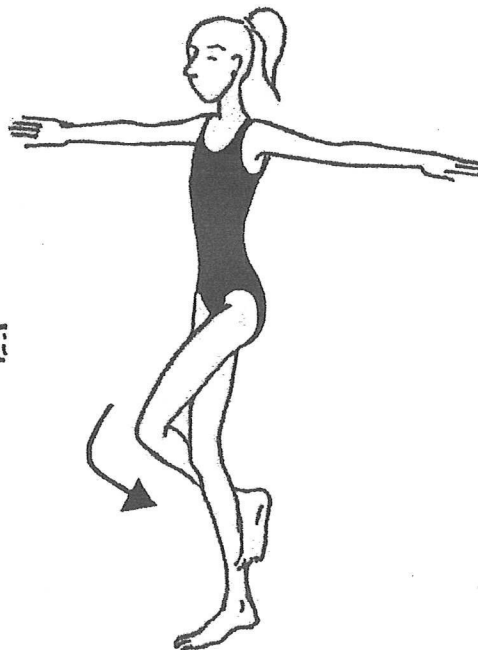
The Crow



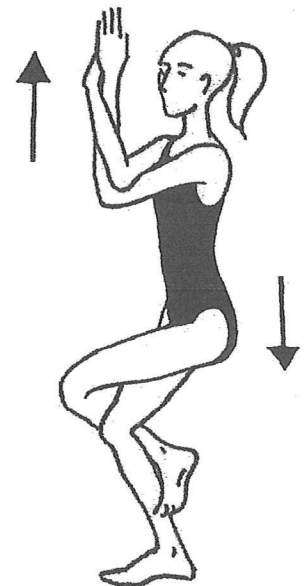
The Candlestick



Half Moon



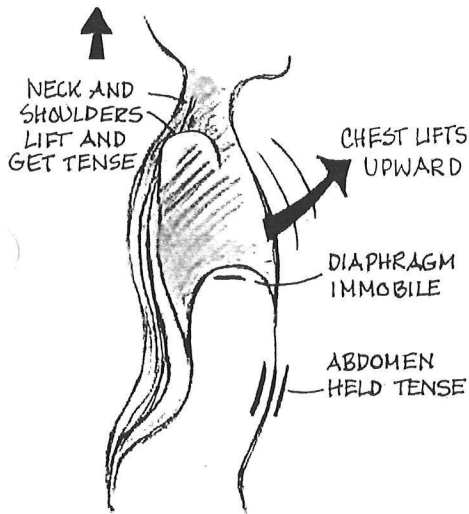
The Eagle



What kind of breather are you?

Check this out! 3 different ways your body breathes

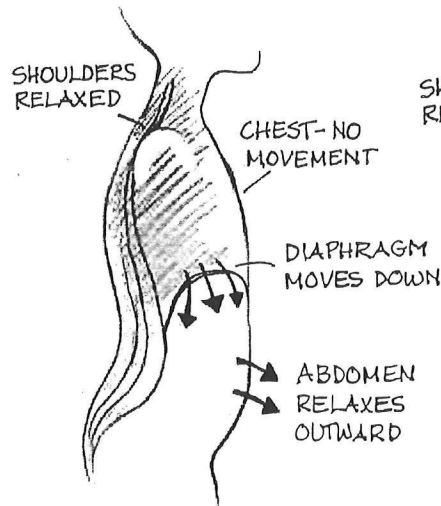
CHEST BREATHING (inhalation)



CHEST BREATHING

Tense breath: not effective breathing.
The mental state anxious.

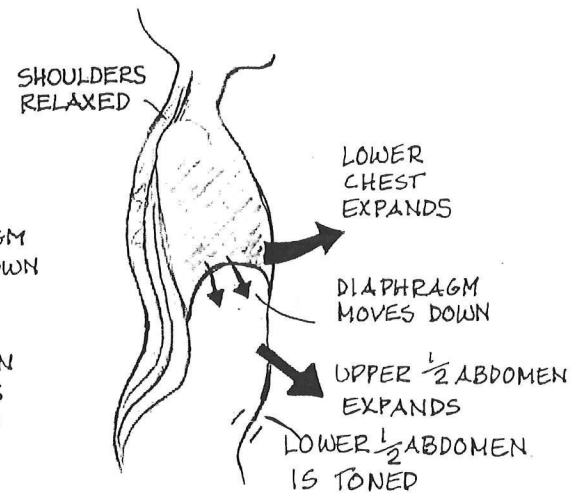
ABDOMINAL BREATHING (inhalation)



ABDOMINAL BREATHING

Relaxed breath: best for sleeping or calming.
The mental state relaxed.

INTERCOSTAL BREATHING (inhalation)



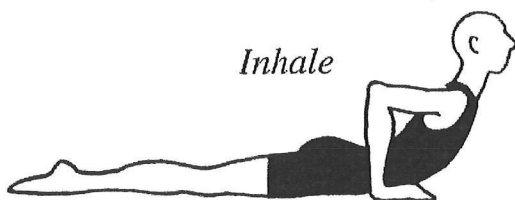
INTERCOSTAL BREATHING

Functional breath: daytime breathing for calm clarity.
The mental state attentive.

*THERE IS BREATHING WHICH CREATES RELAXATION
AND BREATHING WHICH CREATES AGITATION.*

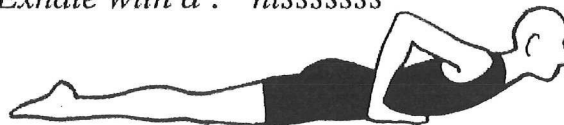
CALMING BREATHING TECHNIQUES

Inhale



Snake Breath

Exhale with a : "hisssssss"



The Lion, Do 3 - 6 X
Sit on your heels
Inhale deeply
Look up
Stick out your tongue
Stretch out your fingers
Exhale with your mouth open
with a "Haaaaa" sound



Bee's Hum, Inhale through your nose. Close throat so the sound is a buzzing noise. Exhale through your nose creating a similar sound.



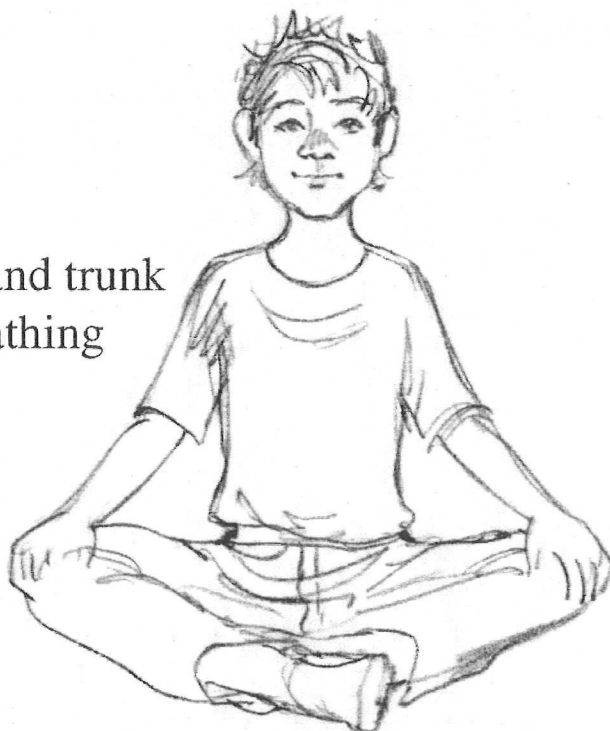
Rabbit's Breath Do 3X Sniff through your nose 3 times then exhale through your mouth with a "Ha" sound.

BREATHING TECHNIQUE

Alternate Nostril Breathing



Sit cross-legged.
Align head, neck and trunk
Deep, relaxed breathing

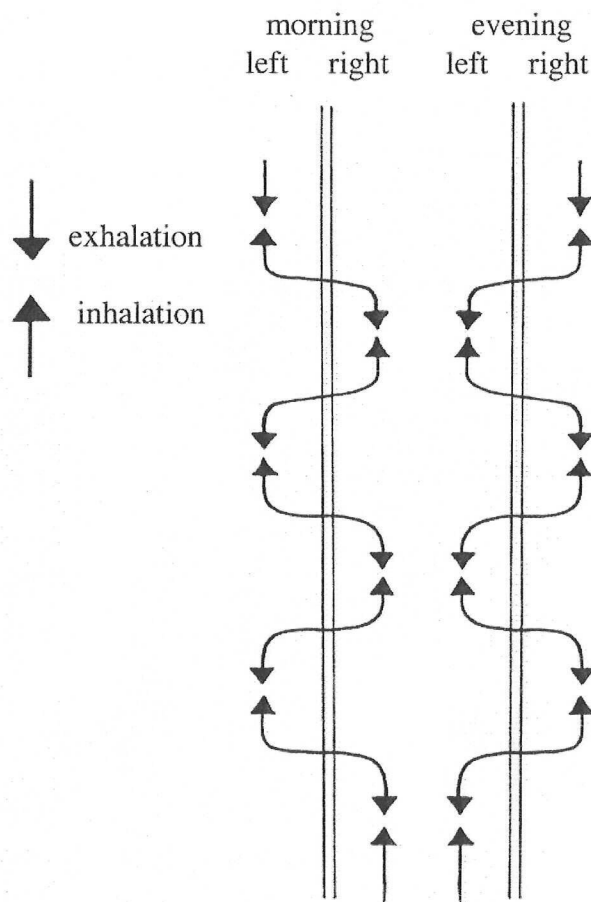


In the morning block your right nostril with your thumb. Exhale and inhale through your left nostril.



Changing sides use your ring finger to block the left nostril. Exhale and inhale through the right nostril. Repeat for six full breaths.

In the evening start with blocking the left nostril and repeat steps above.



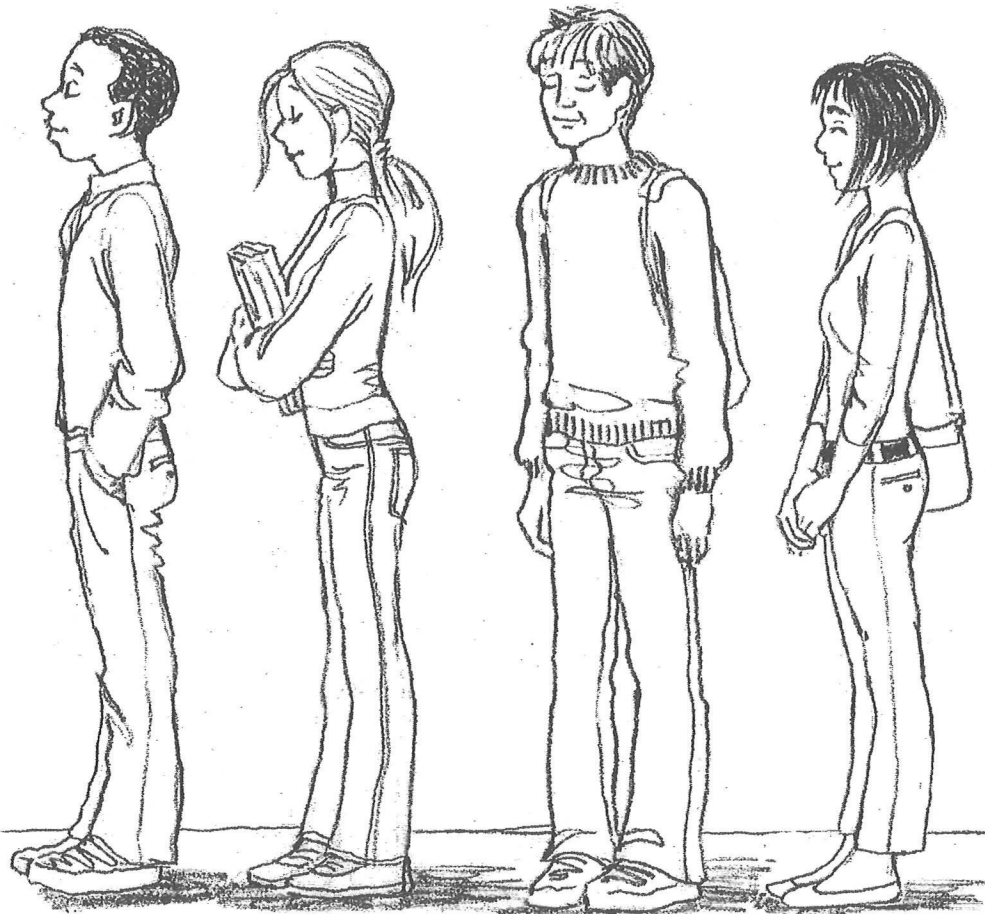
3 MINUTE PRACTICE



This practice you can do;
Any Time
Anywhere
Any Place

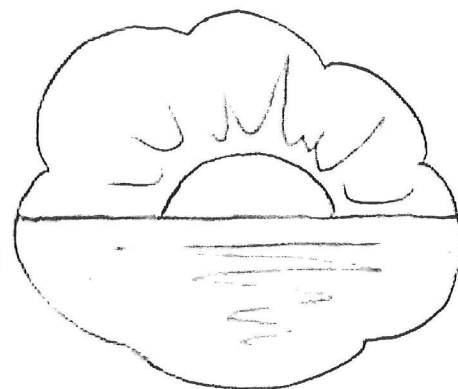
- Align your spine
- Focus on your breath
- Exercise your mind

Feel your breathing and count, or repeat
in your mind a positive thought, or create
a visualization of a joyful place.



JUST IMAGINE....

When you are all alone. If you feel scared.
Or you want to calm down before a test.
Or you want to sleep better.
Sit in a chair and relax and just imagine...



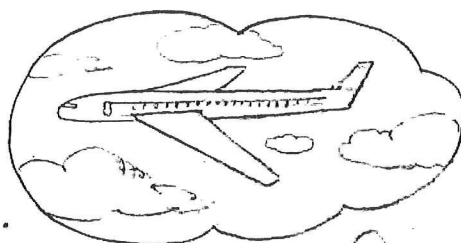
.....a beautiful sun set..

..or walking
in the woods.

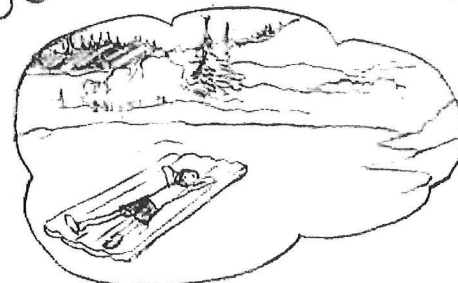
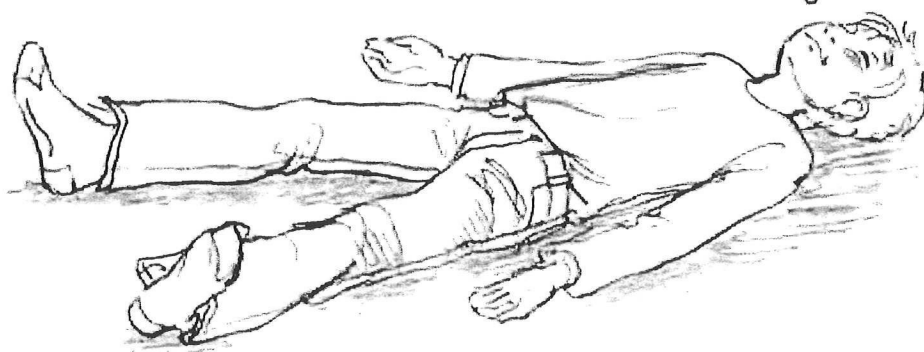


You can lie on the floor.
Relax and just imagine....

..flying in an
airplane high
above the
clouds..



...or sitting on a mountain top..



...or floating on a raft
in the middle of a lake.