

YOGA IN THE CLASSROOM

Focus | Relaxation | Awareness

Learning

A combination of training and the Yoga In The Classroom manual will provide a guide for exploring yoga along with your students. You are not the expert or the judge, you are learning with your students.

Dialogue

Simple questions get students thinking about their bodies, their breath and their feelings.

Conversations with students about what is working and what is not deepen the experience.

Communicating with mentors from YM continue growth and discovery.

Sharing experiences with peers further builds a MAS yoga community.

Pleasure

Yoga should be a pleasure in the classroom, not another task. We are all beginners at heart.

Why yoga?

There is a growing body of scientific research supporting the benefits of mindfulness/yoga/breathing for students and teachers. Studies have shown benefits for students include increased pro-social behaviors, less stress and anxiety, increased focus, better self-regulation and awareness. For teachers less burnout and increased well-being are some of the proven benefits.

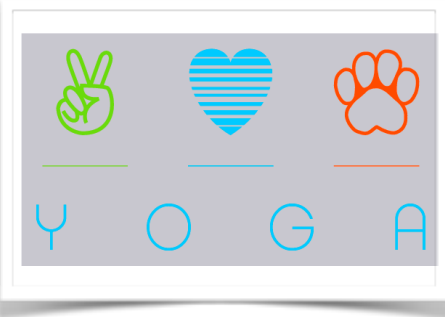
Yoga for Self-Regulation

MAS will roll-out a program to teach teachers yoga poses, breathing techniques and relaxation exercises for use in the classroom to enhance the overall focus and calming skills of students.

Teachers will be given hands-on attention and mentoring from the experienced Yoga Mountain (YM) staff. YM will be a resource for teachers to draw on so that they feel comfortable incorporating yoga techniques seamlessly into their classroom environments.



The word yoga means union. Yoga joins the mind and body through breath. It also joins the teacher with the student.



Community Support

The MAS PTA is fully funding the MAS Yoga program with the help of local individuals and organizations.

The opportunity to support the yoga program has generated a lot of enthusiasm.

Coalition for Living Wellness grant awarded

Giant Siding and Windows generous donation

Whole Foods, White Plains Hospital and CityMD to donate materials for a Family Yoga event. Patti Holmes of the Yoga Garden in White Plains, is offering to donate her time and expertise.

Local families are donating funds and buying our yoga t-shirt (see logo above). The t-shirts are being purchased by both MAS families as well as other WP families.

T-shirts will be on sale at the wellness fair downtown on September 19th and available through Jennifer Gold (jennpgold@gmail.com) or online at booster.com - (\$20 adult, \$15 kids)

Training Details

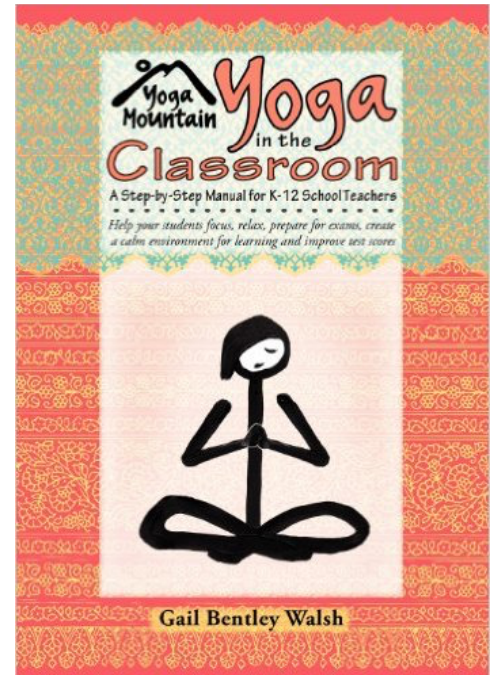
The training program has several components: a book/manual, teacher training sessions, voluntary push-in support sessions, a mentorship program, and simple graphics that can be shared on the white board.

Books will be distributed shortly. Please read pages 1-32 before the first teacher training.

Teacher training:

- 1) October 21st 3:30-4:30
- 2) November 3rd
1:00-3:00

Push-in sessions, will be voluntary and times will be arranged after the November 3rd training as a part of the on-going mentorship program.



Beyond teacher training

Teacher Assistants will have a training session focusing on indoor winter recess challenges.

Parents will be invited to attend a three-hour workshop allowing the students exploration of yoga to extend to their home and families.

Please contact Jennifer Gold at jennpgold@gmail.com with any questions.