



SHANTIGENERATION

Guiding Teens to Bring Mindfulness to Life

Yoga Skills for Youth Peacemakers DVD Teacher's Guide

As an educator, you know the importance of health and wellness in the learning process. Students who are grounded, centered and relaxed learn better. Educating students in how to effectively deal with stress is a key to successful academic outcomes.

Yoga Skills for Youth Peacemakers DVD provides teachers and other school faculty with a powerful tool for helping students become learning ready. The Yoga Skills program contains more than 30 practices and techniques focused on enhancing physical, mental and emotional fitness. This guide will help you determine how to integrate yoga into your classroom in a simple, productive way.

Following is a description of each of the DVD's features including symbols to indicate: skill level, time of day and space considerations.

Skill Levels

Each practice will be rated by skill level 1, 2 or 3. Level 1 practices are the simplest. Level 3 practices are the most advanced.

Time of Day

While most of the practices are safe to use any time of day, the following abbreviations serve as a guide to get you started. *Be mindful not to present forward folding, twisting or inverted poses just after lunch.*

AM- Start of the day

TR- During transitions

AL- After lunch

EOD-End of day

Space Considerations

Many of the practices can be done right at the desk with little to no adjustments. Other practices that require making space or other arrangements can be used for special circumstances.

(desk)= These practices are easily implemented beside most desks.

(mat)= These poses require a floor covering. For hard or slick surfaces, a mat or other sticky cushion is needed. For carpeted surfaces, a towel or blanket may work.

The purpose of the floor covering is to provide cushioning for joints and protection from germs. These poses are ideal for use in PE courses, but can also be used in the classroom with some planning.

(desk) + (mat)= These segments do not require extra space, but are on the floor.

Library of Poses

This section of the DVD provides 18 short segments that can be practiced individually or in countless combinations. The poses are divided into three main sections: Focus, Energy and Calm. Over time, you will become skilled at determining which segments will help create the desired productive results for your classroom.

Focus

Waking Up Your Body & Mind (Level 1) AM/ TR (desk)
Standing Forward Bends

Sharp Mind: Strong Core (Level 2) TR/ AL (mat)
Side Plank Arm Balances

Living on a Solid Foundation (Level 3) AM/TR (mat)
Cat/Cow Spinal Tilts, Downward Facing Dog

Quiet Strength (Level 2) AM/AL (desk)
Standing Warrior and Triangle Poses

Warriors of Peace (Level 3) AM/TR/AL/EOD (desk)
Standing Warrior 1 and Balancing Warrior 3 Poses

Balance Through Challenges (Level 1) AM/TR/AL/EOD (desk)
Standing Balance Pose

Stable Roots (Level 2) AM/TR/AL/EOD (desk)
Standing Tree Balance Pose

Energy

Charge Your Batteries (Level 1) AM/TR/EOD (desk + mat)
Boat Pose and Butterfly Forward Fold

Core Power Up (Level 3) AM/EOD (mat)
Leg Raises and Modified Push Ups

One-Pointed Mind (Level 3) AM/AL (desk + mat)
Crow Arm Balance Pose

Powerful Presence (Level 2) AM/EOD (mat)
Cobra Backbend Pose

Building Your Bridge to the Future (Level 3) EOD (mat)
Bridge Pose and Leg Stretches

Being Patient with Yourself (Level 2) EOD (desk + mat)
Sitting Side Bends and Butterfly Fold

Calm

Clearing the Pathway (Level 1) AM/TR/EOD (desk + mat)
Spinal Twists

Choose Love Over Fear (Level 2) AM/TR/EOD (desk + mat)
Sitting Forward Bends

Envision Your Dreams (Level 1) AM/EOD (mat)
Leg Stretches and Twists

Deep Peace Inside (Level 1) AL/EOD (desk + mat)
Resting Pose

Let Go and Trust the Flow (Level 1) AL/EOD (desk + mat)
Resting Pose

Breathing Room

Five different breathing techniques offered in short segments 1-2.5 minutes long. These are ideal practices for focusing at the start of the day, centering before a test, taking a breathing break between subjects or ending the day with a grounding activity.

Breath Moves Energy (Level 1) AM/TR/AL/EOD (desk)
Simple arm movements connected to breathing.

Fire Belly (Level 2) AM/TR/EOD (desk)
Energetic breathing technique bringing focus to center.

Peace In, Peace Out Breath (Level 3) AM/TR (desk)
Alternate nostril breathing.

Sound of Universal Peace Breath (Level 1) AM/TR/AL/EOD (desk)
Breathing with a soft, whispering sound.

Breathing Intentions (Level 1) AM/TR/AL/EOD (desk)
Connecting the breath with how we want to feel and be.

Self Connection Room

Two guided mindful awareness exercises created to help students learn how to work with their minds to cultivate attention and focus.

Being Peace (Level 1) AM/TR/AL/EOD (desk)

Sounds, Sensations & Breaths (Level 1) AM/TR/AL/EOD (desk)

Choose Your Path

Five half hour practice sessions including breathing exercises, energizing warm ups, core practices and relaxing cool downs. These sessions are ideal for use in a gym or other open space area, such as a library. Mats or other floor coverings are required for these practices. The five Paths are combinations of segments from the Library of Poses, Breathing Room and Self-Connection Room.

Creating Happiness

Energy Amplified

Choosing Peace

Being Sound

Voice Choice Possibility

Special Features

Meet the Peacemakers A six minute collage of interviews with the teen yoga practitioners. Each teen shares how yoga practice impacts their lives including enhancing sports and academics. This feature is a great way to introduce the program to students.

Spanish and Japanese Translations All practice segments are translated in voice overs. Note: The chapter introductions are in English only.

Suggestions for Introducing Yoga Skills to Students

~ Play **Meet the Peacemakers** from the Special Features chapter for students first. Encourage a dialogue about what yoga is. Find out what your students already know about yoga.

~ Share some of the benefits of yoga practice. Let your students know why you are bringing yoga into their classroom.

~ Start practicing with the **Library of Poses** first. Introduce 3-4 segments, then allow students to choose from those selections.

Helpful Hints for Teacher's

- ~ Practice each section yourself before presenting to students.
- ~ Let your knowledge of your students inform your approach and delivery of the material. Especially if yoga is new or foreign to your students, choose segments from the Library of Poses first.
- ~ Allow students to watch first if they are apprehensive. Encourage them to watch the DVD, not other students. Explain that each student deserves the opportunity to practice without being watched.

Please visit our blog for additional information and tips: <http://www.shantigeneration.com/blog/>

Feel free to email questions and comments to: abby@shantigeneration.com