

SET THE COREnerstones FOR SUCCESS WITH YOGA UNIVERSITY

HOW DO I TEACH A YOGA LESSON?

BEGINNING

STEP 1: Review the daily affirmation

STEP 2: State the rules:

Yoga Rules: Take Your Place, Respect the Space

1. **Listen-** Be present by maintaining good eye contact and not interrupting with personal stories and opinions when another is speaking
2. **Observe-** Pay attention to your surroundings; be mindful of your thoughts, words, and actions
3. **Concentrate-** Direct your attention to one point at a time, staying present on your mat unless instructed otherwise

STEP 3: Recite the CORE affirmation:

Core Affirmation

1. **Concentrate-** Fingers on temples; pay attention
2. **Observe-** Hands sweep out, palms up; be aware of your surroundings
3. **Realize-** Hands on heart; everything that you need is already within you
4. **Empower-** Hands in fists, bicep curl; you are strong and capable

REVIEW THE FOLLOWING INFORMATION FOR BEGINNERS

Step 1: Ask: "What do you think Yoga is?" (Allow a few moments for student responses/discussion)

Step 2: The **Yoga University Survey** should be completed by students individually or as a group.

Step 3: Share the following list of goals and provided explanation/examples when applicable:

Being present for what is happening right now instead of becoming distracted by things happening around you allows you to balance your emotions and become more resilient in the face of challenges. You are growing up. It can be difficult to manage everything that is going on around you, yet it is expected that you be accountable for your actions. This practice can help you relate to your emotions and provide you with a set of tools for managing your reactions. It can strengthen your awareness in the moment, increase your connection to yourself and the people around you, and also help you to develop patience through mindful breathing.

- Yoga can help you focus more carefully on your work.
- Yoga can help you work with your own emotions and thoughts to calm yourself down in stressful situations.
- Yoga can help you prepare your body and mind for testing.
- Yoga can help you move, stretch, breathe, and balance after sitting in chairs for long periods of time.
- Yoga can help you increase flexibility, strength, and good cardiovascular health.
- Yoga teaches you how to get along with yourself and others.
- Yoga teaches you about teamwork and how your actions and words affect others.
- Yoga can make you feel better no matter what your outside situations are by teaching you how to calm down and to develop inner strength.
- Yoga teaches you how to pause and reflect on your choices.

- YOGA IS FUN!

MIDDLE

Concentrate: Mindful Breathing Practice- Warm-Ups

- Breathing decreases stress, stabilizes energy levels, and helps students focus their attention. **Concentrate** on the present moment to prepare your mind for learning.

Observe: Essential Elements of Movement- Teacher-led Independent Exercise

- Exercise develops motor skills and core strength. **Observe** your mind and body through movement to increase body awareness and efficiency of breath.

Realize: Skill Building- Teacher-led Games and Cooperative Play

- Balancing external movement with internal calm develops mindfulness and self-help skills. **Realize** your potential to develop and maintain a healthy lifestyle.

Empower: Goal Setting- Reflection, Review, and Relaxation

- Establishing healthy routines at an early age supports an active lifestyle. **Empower** yourself to make a lifelong commitment to wellness.

END

"Focus on your goals, rather than your challenges. Align yourself with your goals and go for them! Put your skills into action and don't let anyone or anything prevent you from reaching your personal best!"
Share a positive affirmation from the following list before closing with the C.O.R.E. affirmation.

1. "I am smart. I am mindful. I am ready to learn."
2. "I easily forgive myself and others."
 Non-harming to self or others; move toward loving service; compassion in thought, speech, and action; awareness of the other as important as myself: Practice being more kind, accepting, and forgiving of yourself and others. This builds inner confidence. Non-violence is a natural consequence of our practice; as we practice, it leads to awareness of the peaceful and enduring core that is our true nature. The desire to prevent harm is a spontaneous expression of that awareness. We realize that the inner self in others is identical to our own inner self, and we wish no harm to come to any being.
3. "I am grounded in integrity."
 Truthfulness; each time you speak, you are teaching about yourself, your past, and your truth; truthfulness in thought, speech, and action: Truthfulness is seeing and reporting things as they are rather than the way we would like them to be. Learn to identify the triggers, i.e. fears, negative emotions, that prompt you to distort reality. When you understand and process these triggers, your thoughts, speech, and actions can be realigned with the truth. Refrain from telling lies and speak with kindness, compassion, and clarity.
4. "I am at peace with myself."
 Respect for other people's property, time, and privacy; learn not to want more than you need; this leads to abundance: Practice giving any chance you get. You will feel increasingly wealthy through selfless giving, and your sense of inner wealth may bring you outer wealth.
5. "I am in perfect balance."

Let go of the thought that you are incomplete; maintain an inner focus of peace, which helps to foster creativity: Make wise choices that will enable you to conserve your energy and keep your mind more focused and dynamic.

6. "I keep only what I need."
Release labels, conditioning, and opinions; let go in each moment: All of the things of the world are yours to use, but not to own. When we make good use of the possessions that come to us and enjoy them without becoming emotionally dependent on them, then they neither wield power over us nor lead us to false identities and expectations. Do you attempt to increase your self-esteem by gaining someone else's approval/love? Examine your own tendencies toward possessiveness to establish healthy relationships with others.
7. "My focus is one pointed."
Choose good company; be cognizant of the energy you bring into a space.
8. "I am content with myself and my life."
Learn from unpleasant experiences and be grateful for them; maintain a sense of calm during success and failure.
9. "I have a desire to achieve my goals."
Try to maintain physical, social, and emotional health; the dimensions of wellness are interrelated and impact overall personal well-being.
10. "I am a lifelong learner."
Study; observe yourself and the teachings of others:
11. "I live in the moment."
Learn to ride the wave; learn to balance and surrender.

Additional Guidelines for Promoting Cooperation during Yoga Class

- Focus on the poses: Give more detail about how to hold poses. Go into more depth about physical anatomy in relationship to Yoga. Where do they feel the stretch? What do they notice is happening in their bodies? Their minds?
- Challenge them: Use a timer to hold poses. Let students compete with their "personal best."
- Boost confidence: Do poses that increase self-esteem, body strengthening, and good posture.
- Role models: Share information about sports figures and well-known people who do yoga to motivate reluctant students.
- Leadership Skills: When you see that they are ready, train students as teachers by having them take turns leading poses.
- Time Management: Vary activities and differentiate time on task as needed.
- When things get to "exciting," tone the mood down with a focus activity, such as balloon breath, whispering instructions, or birthday candle breathing.
- Be kind, firm, and make the class exciting.
- Relate yoga to their specific situations: physical, social, and emotional.
- Younger children may need Yoga that is calming; older children will need some energizing Yoga.
- Ages 9 through teens have greater muscle strength; however, they have **less** flexibility, especially in the spine and hamstrings due to the fact that their bones are growing faster than their muscles, so the muscles are stretched.
- Understanding proprioception is important; exercises focusing on midline movements will help to improve coordination and movement in space.
- Asking students to count in postures creates a challenge and can be used as a management tool when necessary.

YOGA UNIVERSITY SURVEY

Have you participated in a Yoga class before? (Circle one) Yes No

If you answered, yes, where was it?

What do you know about Yoga?

What type of exercise do you do? How often?

What do you do when you have trouble concentrating on your tasks? (Take deep breaths? Exercise? Other?)

What do you do when you feel stressed or anxious? (Take deep breaths? Exercise? Other?)

Do you feel like you have a lot of energy throughout the day?

If you could set one physical fitness and health goal for yourself, what would it be?

THANK YOU!

THE YU GRATITUDE GROOVE

If practicing with a friend or in a group setting, turn to someone nearby and say hello. Offer a kind word. Receive a kind word in return. This is how we cultivate community in a shared space. Maintain that respect for yourself and your classmates throughout your practice. Have fun and groove with GRATITUDE!

Stand up tall like a mountain. Close your eyes. Imagine that the sun is shining above you. Feel the sun warming your face, your arms, your hands, your legs, and your feet. Silently repeat to yourself, "I am at peace with myself and others." Inhale. Exhale.

Inhale as you stretch your arms straight up toward the sky. Relax your neck and shoulders and look up.

Exhale as you fold your body forward and let your hands release toward the floor. Bend your knees a bit. Rest your hands on your shins if that feels better.

Inhale as you lift your upper body halfway to standing. Lift your eyes to look straight ahead.

Exhale as you step your right foot back into a lunging position. Rest your right knee and the top of your right foot on the floor. Bend your left knee 90 degrees. Plant your left foot firmly on the floor with your toes pointing straight ahead. When you feel steady, inhale and stretch your arms up to the sky. Look up toward your hands. Silently repeat to yourself, "I am at peace with myself and others."

Exhale as you let your hands release toward the floor and place the palms down next to your feet. Inhale as you lift the right knee off the ground and lift your eyes to look straight ahead. Press into both feet. Exhale as you step your left foot next to the right to form a plank position with the entire body in one straight line.

Inhale. Exhale as you bend your elbows, slowly release your knees down to the floor and then lower your chest and chin. Inhale. Exhale. Silently repeat to yourself, "I am at peace with myself and others."

Inhale as you lift your head and look forward. Exhale as you place your palms on the floor underneath your shoulders. Inhale as you press into your palms to lift your chest from the floor. Exhale as you press the tops of your feet into the floor.

Exhale as you move your body back into Downward Facing Dog Pose. Inhale. Exhale.

Inhale as you step your right foot forward in-between your hands.

Exhale as you step your left foot forward in-between your hands.

Inhale as you rise up and reach your arms straight up toward the sky.

Exhale as you lower your hands to your heart and then release your arms down by the sides of your body for mountain pose. Silently repeat to yourself, "I am at peace with myself and others." Inhale. Exhale. Let your body remain quiet and still. Let your mind remain quiet and still.