Mindfulness and Yoga Techniques

Teacher’s Manual
(8 – Hours Yoga Teacher Training)

Project Title:
Safe School Re-opening Pilot Project-SRP

Written and Consolidated by
Meena Gabeena
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**Glossary**

<table>
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<tr>
<th>Term</th>
<th>Definition</th>
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<td>Yoga</td>
<td>An ancient spiritual and ascetic philosophy, a part of which includes breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation indicating a perfect harmony between the mind and body, human and nature.</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.</td>
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<tr>
<td>Covid19</td>
<td>COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'</td>
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<tr>
<td>Asana/Asan</td>
<td>An asana is a body posture, originally and still a general term for a sitting meditation pose, and later extended in modern yoga as exercise, to any type of pose or position, adding reclining, standing, inverted, twisting, and balancing poses.</td>
</tr>
<tr>
<td>Immune System</td>
<td>The immune system is a complex network of cells and proteins that defends the body against infection. The immune system keeps a record of every germ (microbe) it has ever defeated so it can recognise and destroy the microbe quickly if it enters the body again.</td>
</tr>
<tr>
<td>Nervous System</td>
<td>The nervous system controls everything we do, including breathing, walking, thinking, and feeling. This system is made up of our brain, spinal cord, and all the nerves of our body. The nerves carry the messages to and from the body, so the brain can interpret them and take action.</td>
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<tr>
<td>Journal</td>
<td>A daily record of news and events of a personal nature; a diary.</td>
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<tr>
<td>Breathwork</td>
<td>Breathwork refers to any type of breathing exercises or techniques. People often perform them to improve mental, physical, and spiritual well-being</td>
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<tr>
<td>Meditation</td>
<td>Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state</td>
</tr>
<tr>
<td>Relaxation</td>
<td>The state of being free from tension and anxiety</td>
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<tr>
<td>Puberty</td>
<td>Puberty is when a child's body begins to develop and change, as they become an adult. Girls develop breasts and start their periods. Boys develop a deeper voice and facial hair will start to appear.</td>
</tr>
<tr>
<td>Mental Health</td>
<td>A person’s condition with regard to their psychological and emotional wellbeing.</td>
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Acknowledgements

There are several groups that I would like to recognize in the production of this manual. First there are my personal Yoga Teachers Shahnaz Minallah, Sohail Ebadi and Michelle Young who helped me keep this knowledge and become a certified yoga teacher and develop an early draft of the yoga and mindfulness for Children’s Yoga Teachers Training Manual.

Secondly, I would like to take this opportunity to thank Jica and Idara-e-Taleem o Agahi for selecting me for this assignment, which is very close to my heart and helps me contribute in my personal goal of improving the well being of humanity and our planet. I would like to extend my special gratitude to Dr. Munazza and Abida Umar for extending all the support throughout this process. Lastly my thanks to the Executive Director ITA, Ms. Baela Jamil along with her dedicated team for supporting me, and heeding to my demands throughout the recording of training videos and developing this manual process. They have been available to me at all times even during this pandemic and relevant lock down at odd hours and at times over the weekends for information that i required during the assignment. They were very gracious with their time and thoughts.

This teacher’s manual is dedicated to all the aspiring youth who desire to achieve special skills, which would be a lifelong asset for their personal, mental and physical health, and for their future endeavours and help them make a rewarding career in the physical education and mental health fields.

Thank you!

Meena Gabeena Khan
Background and Introduction to Yoga and Mindfulness

Background
As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions and children. In the Pakistan’s context, considering the lack of education, human rights violations, recent terrorism and many other issues of general oppression; mental health has already been a major plight in the people especially in youth even from before the pandemic hit Pakistan. The discussion on topics related to mental health was already a taboo subject and there has been a serious lack of awareness on improving mental health. Majority of the people have been in a certain kind of emotional dependency where we tend to blame situations and events to how we are feeling and find reasons for why we have been feeling angry or upset by blaming it on outside events but then a came a global crisis and together we recognized fear and anxiety as normal behavior. The crisis in itself has been global but collectively we also created a global emotion and we labelled it as a normal emotion. It has just not been individual’s personal emotion but also being shared, sent and received by the people in the surroundings. So the first emotion that hit most of the individual’s lives was the feeling of fear and anxiety because of the pandemic and then it was followed by on and off lockdowns, which is something that we as people have not been used to. Living together in small houses and also managing children, siblings, spouses in an already depleted state became tougher. Reports of domestic violence started to increase, people easily snap at each other, they get irritated, some just break down and start crying and have the pressure of taking charge of themselves so the relationships have also been getting affected especially with the work from home or loss of employment situation.

There has been a lot for people to suddenly adapt but to be able to adapt, one needs to energize their minds on a daily basis and this is where the practice of yoga and mindfulness activities can be of great help. “Yoga is known to change the underline biology of the disease. For instance, in patients with depression, there are high levels of cortisol and low levels of brain repairing chemical called brain-derived neurotrophic factor. When you treat such patients with yoga, their cortisol level drops, levels of brain repairing chemical increases and depression gets better”- Dr B N Gangadhar, Director, National Institute of Mental Health and Neuro-Sciences (NIMHANS). This is just one example of yoga proving to be beneficial in the field of mental health. According to the experts, yoga brings about numerous changes in an individual’s life and in turn improves both physical and mental health.

Why Schools should incorporate yoga in the wake of Covid-19:

Modern life puts a great deal of pressure on kids. They have to deal with the ever-increasing stress of keeping their grades up at school and doing their best at competitive sports and extracurricular activities. In Pakistan, most children have been vulnerable to violence, oppression, abuse and neglect at homes and also schools and after facing a decade of terrorism and news around it, many children have been experiencing an anxiety disorder, lack of confidence and focus from even before COVID19. Across much of the world, schools are closed and families are largely restricted to their homes due to COVID-19. The associated uncertainty and anxiety is a real concern, with disruptions to children’s education as well as to their time with friends, for exploration and play. Parents might be facing challenges too. Whether it’s job losses, isolation, working from home
arrangements, financial insecurity and much more. Chronic stress and other mental health conditions often leads to mood swings and lack of patience in people which further interferes with their ability to cope with them. Yoga and physical exercises help us in gaining control over our emotions and to become aware of them. Also, physical exercises and yoga therapy release healthy brain chemicals like endorphins and dopamine. These chemicals in return help us balance our mood and combat common mental health issues like depression, anxiety, mood disorders and many more. According to the baseline survey that was conducted in federal government institution for Safe School Reopening Pilot-SRP, it was observed that because of the lock down children had restriction to movement, limited access to playgrounds and meeting with their friends and classmates which lead to a certain level of anxiety and frustration among them. Majority of the students and their families have concerns about the learning losses, which adds to the frustration adversely affecting the psychological health of the children. The findings of the study indicated that 26-37 percent of the students either feel tired, have frequent headaches or they don’t want to talk to others. The teachers were also asked if they observed mental stress and anxiety among the students, teachers and non-teaching staff after reopening of schools Post COVID-19 and 38% of teachers were of the view that there had been a change in students’ attitude after return to school, 28% shared that they had observed change among teachers and 33% observed change in non-teaching staff.

Yoga and Mindfulness has an impact in combating Anxiety – and it is also known that physical exercise and meditation practices are beneficial to calm the mind and boost neurotransmitters to release happy hormones. Yoga and Mindfulness are a great way to counter these pressures of the current world. Yoga can help teachers, parents and the children deal with anxiety in the wake of the coronavirus with the evidence-based benefits. The aim of the course is to nurture the human values and support the overall well-being of children by teaching them a variety of empowering mindful techniques that foster peace of mind, mental clarity and focus, physical relaxation and health and emotional stability. It also aims to reawaken a value system of love, compassion, peace, gratitude, generosity and grace.

Children’s Yoga and Benefits

Teaching Yoga and Mindfulness to children is a deeply rewarding experience or even career and nourishing for both you and the children you will teach.

Benefits of Yoga:

Yoga has incredible benefits for children’s bodies and minds. Following are a few main benefits.

- Yoga assists with the child’s physical development, building strength in the muscles, developing strong bones and increasing flexibility throughout the child’s body.
- Assists children to develop a strong immune system and develop a calm nervous system
- Yoga and Mindfulness develops focus and concentration
- Improves social relationships
- It refines balance and coordination
- Boosts self esteem and confidence
- Yoga can slow down and quiet childrens repeated thinking mind helping immensely with dealing with anxiety.
Training Manual Guide

**Overall Objective:** The aim of this course is to nurture the human values and support the overall well-being of children by teaching them a variety of empowering mindful techniques that foster peace of mind, mental clarity and focus, physical relaxation and health and emotional stability. It also aims to reawaken a value system of love, compassion, peace, gratitude, generosity and grace.

**Learning Objectives:** By the end of this course, participants will be able to confidently teach yoga classes to children ages 5-18. This course will give them the skills, knowledge, resources and confidence to teach yoga to children, practice mindful activities with them and improve their personal well-being. This program promotes overall health and human values through following techniques that teach important skills as:
- Yoga and Breathing techniques
- Developing feeling of connection with others and nature
- Self-Awareness techniques through journaling and other mindful activities like games.

**Manual Users:** This Manual is for the teachers and students selected for ITA’s School Re-Opening Pilot Project. After completing this course, the participants will officially become children’s yoga teachers for government schools. There is no prior knowledge required for this course.

**Course Content:**
The course is divided in to three aspects
- **PHYSICAL:** Stretching, Yoga postures, Breathing exercises
- **MENTAL:** Cleansing Breathing Techniques, relaxation techniques, Meditation, journaling
- **SOCIAL:** Games, listening games, building healthy rituals, collective yoga activities.

**What you will receive:**
- Pre-recorded 4 – Days lectures including yoga practice and written content.
- 8 – hour Children's Yoga Teachers Training Manual
- Facebook Study Group
- Certificate of completion of Children’s Yoga Teachers Training.

**How to use this Manual:**
1. Watch only one video per day starting from Day 1 video and keep this manual with you, keep one notebook and a pen or pencil to take notes.
2. Every video begins with a yoga practice so use it at time when you are empty stomach or have not had food for the past 2 hours at least.
3. Keep water right next to you that you can drink right after completing the practice and try to avoid heavy food throughout these four days of the course.
4. Do not force yourself in any yoga position. Just follow the instructions and do as much as your body allows you. Be very kind to yourself and listen to your body and your thoughts while practicing.
5. Read the benefits and limitations of yoga postures in the last section of this manual before beginning the course just to have an idea.

**Some General Instructions for Practice of Yoga Postures**
1. Do not perform yoga postures immediately after meals. Leave about 2 hours gap after meals. Avoid stimulating drinks.
2. Yoga postures can be performed before or after bath, but allow about half an hour between postures and bath.
3. Relaxing the body in a yoga posture is of vital importance. Remove all tensions in the final posture. Relax for a few minutes/seconds between postures.
4. After the yoga exercise, one should feel fresh and relaxed and not tired, exhausting or even sweating.
5. Do not over exert beyond your capacity to maintain the postures according to your progress.
6. Daily practice is essential for fast progress.
7. Women who are pregnant should avoid practicing yoga postures.
Module 1: Understanding Yoga and Mindfulness

Yoga:
The term Yoga has verbals root as (yuj) in Sanskrit. Yugi means joining. Yoga is that which joins. In the traditional terminology it is joining the individual self with the universal self. One of the greatest teachers, Patanjali compiled the essential features of principles of Yoga in the form of sutras and made a vital contribution in the field of yoga, nearly 2300 – 4000 years ago. According to Patanjali, Yoga is a conscious process of gaining mastery over mind.

Mindfulness:
Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. It suggests that the mind is fully attending to what’s happening, to what we are doing, to the space we are moving through. Often our mind takes flight, we lose touch with our body, and soon we are absorbed in obsessive or repeated thoughts about something that just happened or fretting about the future. And that makes us anxious.

Both yoga and mindfulness aim to quiet the mind, in order to cultivate a deeper connection to and understanding of the self. They both teach us to tune into our breath, pay attention to bodily sensations, and learn to accept reality as it is in that moment in order to respond to situations instead of reacting to them.

Patanjali’s Five Mental Fluctuations (Chitta Vritti)

In the first chapter of Patanjali’s Yoga Sutras, Patanjali talks about the mental fluctuations of the mind, or consciousness, otherwise known as chitta vritti. These mental beings shape our phenomenal world and, based on perceptions and verbal delusions, we create patterns. The five types of mental cognition, or chitta vritti, are: right knowledge, perception, verbalization, memory, and sleep.

1. **Right knowledge:** Right knowledge is truth and it is derived from witnessing, from inference, or from a trusted source. For example, when I am walking through the forest and see smoke I can infer there is a fire. If I see a fire I can conclude that the fire is present. If someone that I trust tells me there is a fire I can believe that.
2. **Perceptions are judgments:** Do we like it or do we not like it? Perception is based on previous experiences and is shaped and molded from other people’s projected opinions and the experiences that go along with them. Perception is not real, it is not the truth.
3. **Verbalizations:** The stories we create around our perceptions. For example, I have a large 100-year-old tree in my front yard. We all agree a tree is a tree is a tree. There might be different names in different languages but we all agree it is a tree. That is the only thing that is true. I can look at the tree and say “I like it” or “I don’t like it” and that is perception. The verbalization is the story that I put with my perception. If I like the tree I might tell you how old it is, how wonderful the shade is, and how it helps my lawn stay green in the summer. The perception and the verbalization are not true - the only thing that is true is it is a tree.
4. **Memory:** is derived of right knowledge, perception, verbalization, and the misperception that nothing exists (sleep).
5. **Sleep** is the misunderstanding that nothing exists.
These fluctuations create tangles of perception that lead us to act in one-way or another. These actions in the world create our patterns. If I have a particular pattern it comes from a story, which comes from a perception of reality. The more I pattern the more the story will stick. It can change our physical, intellectual, emotional, and spiritual bodies. These patterns can even change our heart. Our patterns shape who we are in our personal life, professional life, and our relationship with Self. Think about all of the perceptions you have about yourself and others.

I invite you to take the idea of mental fluctuations, chitta vritti, back to your yoga practice and see what happens when you apply this on the mat. Listen to the verbalizations that go on in your head during your yoga practice. Perhaps your posture isn’t how you want it to look or perhaps you are trying to push yourself when your body is telling you to slow down or perhaps you want to slow down when you should push yourself.

**Setting up Journal**

We are going to begin by setting up our journal. Journaling is an excellent way to practice self-study/mindfulness. It helps us to connect to the different aspects of our experience in a way that is new and refreshing. We begin to check in with ourselves on each level of the body and, over time, it helps us to stay focused on our path. Beginning a journaling practice by identifying your essential values will help you to build a firm foundation on which to stand. Journaling also reminds us to look closely at our relationship with ourselves. It teaches us to have compassion with our physical, intellectual, emotional, and spiritual bodies. Once you have selected your journal, I invite you to begin by decorating the cover with images and text that inspire you to step into the role of a yoga teacher. Spend time creating your journal so that you begin to cultivate a relationship with the practice of journaling. Now that you’re ready to begin journaling, you’ll want to determine how often you plan on making time to sit down and check in with your inner landscape. Some people like to journal daily while other prefer to check in once a week. Consider what is best for your lifestyle and adopt a check in ritual that will help to promote self-awareness. I personally like to start my day with a reflective check in and time spent journaling but I’m compassionate with myself when time does not allow for a lengthy journaling practice. Consistency is more important than frequency.

I recommend you begin each journal entry with an observation about the way you feel in the present moment. Note what is coming up for you and how you’re feeling in the physical, intellectual, emotional, and spiritual aspects of your life. Once you feel complete in your assessment of your present state you can identify ways to support each aspect of your experience through practice. Personally, I like to segment a journal page into four quarters. I label each quadrant with an aspect of experience: physical, intellectual, emotional, and spiritual. I use this graphic organizer to create a visual placeholder for each aspect and then I write a simple sentence under each category simply affirming my intention to care for, connect, and nurture that aspect of being. I find the more concise and direct the affirmation is, the more readily it will manifest.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental/Intellectual</th>
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<tr>
<td></td>
<td></td>
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<tr>
<td>Emotional</td>
<td>Spiritual</td>
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Teacher's Manual - Children's Yoga and Mindfulness
Essential Values

Essential Values are values at the center of your being. They are the core values, or truths, at your very heart that you have carried with you since you developed cognitive reasoning around age 5. These values are extremely important to your well-being. Developing a relationship with your self is an essential part of mindful living. To live mindfully is to participate fully in the experience without judging yourself or others. When you begin to incorporate mindfulness into your practice you may observe a transformation within yourself. The worksheet to follow is designed to help you use this newfound awareness to align your essential values with all aspects of your life. Developing an awareness of your essential values is a deeply personal part of self-study and self-exploration and it is something that we should always return to.

Facilitating an Awareness of your essential values

For all of the joy and love you want to manifest, know that there will also be sorrow and uncertainty. Meeting yourself at a place where there is truly room for all things will help you to cultivate a relationship with your practice that is deeply meaningful.

1. Center yourself in your essential loving nature.
2. Assume the role of neutral observer. As you think about your values, resist judging yourself or others.
3. Complete the following stem sentence:
I was most at peace when

____________________________________________________

because it made me feel

____________________________________________________

____________________________________________________

4. Continue working with the same stem sentence, replacing the quality of peace with another quality you are looking to bring into your life. Work your way through to completion. When you are finished, move onto the next step.
I was most ____________ when

____________________________________________________

because it made me feel

____________________________________________________

____________________________________________________

5. Look at the stem sentences above and identify the core values located in the “because” or “why” statements. Often, the “because” is the projection under judgment, good or bad.
6. Write down your essential values below.
a. ___________________________________
b. ___________________________________
Module 2 - Yoga for 5 – 8 Years Old (Early School Age)

What brings this age group to yoga?
This age group is transitioning from being a toddler to a child who goes to school! At this age, kids like to have lots of fun, they love to explore what their bodies can and cannot do so curiosity plays a big role in why a child of this age would come to a yoga class.

Development
5-8 year-olds will enjoy the imaginative and storytelling aspect, but they have developed the ability and strength to hold poses for longer as well as compared to children from the age of 2-5. At this age of 5 -8, they can begin to immerse themselves a little deeper in the physical yoga poses.

Teaching Tips
- Know that anything is possible. They can do anything and everything, and probably better than us! They have all the motor skills, coordination, and balance to do all sorts of yoga poses and sequences; you just need to start from where they are and take them farther step-by-step.
- Keep in mind that everyone is different. Within this age group, you start seeing more differences in flexibility and strength, so give easier and more challenging options for the same pose so everyone will feel successful. Some can do a simple Forward Bend, for instance, while others will be able to do a more acrobatic variation of it. Always start with the simpler pose and work your way up to more challenging ones. Show your own limitations as a teacher so the kids feel more comfortable with theirs. “When I try forward bend my head is a couple of miles away from my feet. But hey! I can do a bridge pose”.
- Emphasize that it is amazingly wonderful that we are all different and that we have the opportunity to shine at different things. The world would be boring if we were all the same!
- Keep it creative. Work with the children’s imagination and creative spirit. Let them create and teach their newly invented Dance to the whole group, or let them explore new ways to do poses in pairs and groups and perform it in front of everyone. We are in the 21st century, so put some technology into action! Have the group create an amazing group yoga sequence, yoga movie, or theatre-show. Film it on your phone, show it to them in class, or post it with their parents consent on your next newsletter or your Facebook group. Let them be proud of their creation!
- Practice more challenging poses and games with them, but keep the class fun and mischievous. Focus on coordination and balance, and hold the poses a bit longer. Encourage group cooperation through group and partner poses and games.
- This age group loves challenges, and they will always want to show you how well they practice. Make sure you notice, and praise them for their specific achievements. Let yourself be amazed by them!

Age Appropriate Yoga poses and cues:
- **Warm up exercises:** 1. Fists open and close, 2. Wrists in and out 3. Wrists round, 4. Wrists opposite direction round, 5. Elbows open and close, 6. Neck rotations (inhale on right, exhale bringing neck down from left), 7 Neck Rotations opposite direction (inhale on left,

- **Sun Salutations in the form of Yoga Story:**

Today we are going to say hello to the sun in a very special way and I am going to tell you a story. How will you say hello to the sun? (Let them respond).. Well it’s a little different. It’s called the Sun Salutation.. Do you want to learn? Let’s stand on the front of our mats with our hands in front of our hearts and our feet firmly on the ground as if you are a mountain, then we start feeling our body. We feel our feet on the ground (tap feet), we feel our head towards the sky, and we are like a flower. We are going to raise our hands up and open up on the inhale and say hello sun, and now we are going to say hello to the earth, exhale and fold your body touching your palms to the ground and then say really loudly. Hello Earth…take your right foot back, rest the knee on the ground, look up and smile to the sun, now plant your palms on the ground and take your left foot back and become like a wooden plank and now lower your body to the ground with your chin on your mat and palms next to your chest, only your hips up, we are going to become cobra now, inhale raise your head, neck and chest and keep your elbows back and bent… on the exhale we are going to copy the dog and come into a downward facing dog. Exhale, keep your palms where they are, curl your toes, lift your hips high towards the sun… wow downward dog look like a hill and now let’s curl into a child’s pose, bring your knees to the ground and your head rested on ground, let your elbows touch the ground and keep your palms rested and breathe in and out, as you inhale bring your right foot forward with a giant step between your hands, look up and smile at the sun, as you exhale join your left foot with your right foot, look down towards the earth and smile to it, inhale raise your arms up and bring them back to your heart.

Now let’s do it on the other side. Let’s come to the front of our mats with our hands in front of our hearts and our feet firmly on the ground as if you are a mountain, then we start feeling our body. We feel our feet on the ground (tap feet), we feel our head towards the sky, and we are like a flower. We are going to raise our hands up and open up on the inhale and say hello sun, and now we are going to say hello to the earth, exhale and fold your body touching your palms to the ground and then say really loudly. Hello Earth…take your left foot back, rest the knee on the ground, look up and smile to the sun, now plant your palms on the ground and take your right foot back and become like a wooden plank and now lower your body to the ground with your chin on your mat and palms next to your chest, only your hips up, we are going to become cobra now, inhale raise your head, neck and chest and keep your elbows back and bent… on the exhale we are going to copy the dog and come into a downward facing dog. Exhale, keep your palms where they are, curl your toes, lift your hips high towards the sun and now let’s curl into a child’s pose, bring your knees to the ground and your head rested on ground, let your elbows touch the ground and keep your palms rested and breathe in and out, as you inhale bring your left foot forward with a giant step between your hands, look up and smile at the sun, as you exhale join your left foot with your right foot, look down towards the earth and smile to it, inhale raise your arms up and bring them back to your heart.
Age Appropriate Yoga & Mindfulness Activities:

Children simply love to get creative. When creating yoga activities for children to do, you can use simple activities that they would do day to day and turn them into mindfulness exercises. Some fun yoga based activities that you can do with this age group:

1. Coloring in: this can become a wonderful mindfulness exercise. When the children are coloring in, ask them to become quiet and focused. See if you can encourage kids to be so quiet that they can hear the sounds of coloring pencils that they use on the paper. This will help to calm and relax their nervous system and they will end up feeling peaceful and at ease. You will find some beautiful coloring pages in the resource section.

2. Painting: Painting can also be used as a mindful activities, encourage children again to be quiet. Listen as their paintbrush strokes the paper and feel the feeling of their arm and their hands as they are moving. Use the coloring sheets in the resource section.

3. Partner Yoga: Partner yoga can be a fun activity for kids to try. Supervise them closely and tell them to try it with their parents and siblings at home. You will find kids partner poses in the resource section.

4. Bubble blowing: taking kids outdoors to blow bubbles is a fun way to help children become aware of their breath. Encourage them to feel the air as they breathe in deeply before controlling their breath as they blow bubbles. Bubble blowing is a great way for children to recognize how to take a deep breath in and a long slow controlled breath out. When children are then doing breathing exercises in class, you can remind them how they breathed when they were blowing bubbles. Make sure the children are supervised during the activity.

Breathing and Relaxation Excercises:

**Balloon Breathing:** This breathing practice delivers loads of oxygen into the body through taking deep, full breaths. This will help children to have more energy and it is the beginning steps for children to learn how to release stress from the body and will also help children to think more clearly. To do this practice, ask kids to sit up nice and tall, then, place both hands onto
their belly and take a big breath in through their nose, as they are doing this, ask kids to make sure their belly is growing big like a balloon! On the breath out, tell them to squeeze their belly in. Get children to use the air that they are breathing in to fill up their balloon! They can open their mouth and let all of the air out! Repeat this 3-4 times. Asking children what color their balloon is can be fun and also remind children that they can use this practice any time they are feeling upset or worried and it will help their body and mind to feel calm.

Relaxation practice for ages 5-8
1. Lay down comfortably and close your eyes - if you don’t like closing your eyes, it is alright to keep the open softly
2. Next, take a big breath in through your nose, then open your mouth to breathe out with a, haaaa
3. Take another big breath in through your nose, then open your mouth to breathe out with a, haaaa
4. Well done, you can relax and breathe normally now
5. Next, I want you to listen to a sound that you can hear, see if you can pick just one sound to listen to very carefully, it may be a bird singing out side or cars driving past or even the sound of my voice! Listen to just one sound very carefully, I will ask you when we have finished this practice what the sound was
6. Stop listening to the sound you chose now and see if you can find a different sound to listen to, any sound you like, choose one sound and listen to is very closely
7. Well done, you can stop listening now and relax
8. Next, see if you can hear the sound of your own breath, as you breathe in and out, see if your breath makes any noise
9. Well done, you can stop listening to the sound of your breath now
10. Next, we will do a short body scan, every time I name a part of your body, see if you can relax that part of your body, here we go:
11. Relax your feet, legs, tummy, chest, shoulders, arms, hands, fingers, your face, eyebrows and mouth
12. Now, see if you can relax your whole body, all atone, your whole body is relaxed
13. Well done, take a deep breath in and as you breathe out you can slowly open your eyes
14. Slowly sit up

Class Plans:
Here is what a basic class plan would look like for children who are aged from 5-8

Getting set up
1. Arrive 5-10 minutes early for your class
2. Get your list of children’s names who will be attending your class and create name tags for them, also, make a name tag for yourself.
3. If you are teaching at a yoga studio or in a school hall, you will need to put out yoga mats for the kids to have a place to sit, if you are teaching in a school room you generally won’t need mats, just the carpet (sanitized) in their classroom will be fine.
4. Have a quick look over your class plan so that you are ready to go!
5. Spend just a moment grounding and settling your energy, close your eyes, let go of anything external that may be taking up your awareness, consciously let go and affirm that for just the next 20 minutes or so, you will be completely present for the children

Time to begin
6. Say hello to all of the children, use their names and connect with them as much as possible, spend a few minutes listening to the stories they have to tell you, offer lots of responses to
them, get down to their level, many may offer you hugs, so spend some time here showing
the kids that you are super excited to be here and when you are ready, let them know it is
time to begin and ask them to find their spots, you may need to guide them where to sit, as
they fall in love with you they are going to want to sit very close by!

7. Begin by doing a few minutes of warm ups, you can run on the spot, do a few star jumps, be
funny and silly and make sure the kids bodies are warm.

8. Sun Salutation Story time! Kids this age can enjoy a yoga story for around 20 - 25 minutes ( 3
rounds of sun salutations)

9. Balloon Breathing 6 rounds

10. Relaxation - guide children through a relaxation practice in shavasana for around 5-10
minutes

11. Activity and/or game time! - The older kids get the more they love games, put aside at least
10-20 minutes for games and/or activities with this age group

12. Finish up - close the class down by telling the kids what an amazing job they did, let them
know when you will see them again and give them some yoga ‘ home work’ like a coloring in
xsheet or a yoga pose to master!
Module 3 - Yoga for age 9-12 / Primary and Middle School Age

What brings this age group to yoga?
The purpose of yoga can begin to change in this age group. Some children will still enjoy yoga because it's fun and plenty will still enjoy yoga because they are curious. However in this age group you will see an increase in children that will begin to use yoga as a therapy or as a tool to deal with the difficulties that they face in life such as experiencing anxiety, managing different emotions and even treating illnesses. Children who play different sports will also come to yoga at this age to gain more flexibility and more strength.

Development age 9-12

- Puberty in girls can begin at age 9, children may experience difficult mood swings
- Boys can begin puberty at 11
- Can show strong feelings and intense emotions at times
- Can be self conscious, especially about physical appearance
- Increased desire for independence
- Often interact in pairs or small groups, each member has status and position
- Beginning to think and reason in a logical, more adult like ways - which is why you can begin to transition this age group from children's yoga classes to more adult like classes, but be sure to keep the fun
- This age group put a great importance on fairness - you will witness this when kids are playing yoga games
- Generally happy, still like being silly
- Friendships are important
- May have one best friend
- Can be egocentric and critical
- Displays anger physically, slamming doors etc

Teaching Tips

- Explain what the yoga pose will do for their body and/or mind, for example, if you do this pose every day it will give you very strong arms. Make sure that you are up to date on all of your knowledge, children this age will ask lots of questions and will recognize quickly if you don’t know the facts
- You can begin to transition children from the cute, toddler yoga pose names to the true yoga pose names
- Relaxation practices can be longer with this age group
- You can begin to teach new poses to this age group if you feel confident to do so
- Children may want to stop doing yoga stories at this age and start to do what looks more like an adult class

Age Appropriate Yoga Poses:

right, exhale bringing neck down from left), 7 Neck Rotations opposite direction (inhale on left, exhale bringing the head down on right), 8. Shoulders roll up and back, 9. Shoulders role up and forward, 10. Twist (loosen up your body, totally let go), 11. Hip Rotation, 12. Hip rotation opposite direction, 11. Knee rotation, 12. Knee rotation opposite direction, 13. Right foot up and down, 14 right ankles rotate, 15. Right ankles rotate opposite direction, 16. Right leg kick, 17. Right full leg forward and back wards. 18. Left foot up and down, left foot ankle rotate, 19. Left ankles rotate opposite direction, 20. Left leg kick, 21. Left full leg forward and backwards. 18. Tap your whole body, awaken it, and let go, stand tall inhale deeply, open your arms wide, exhale and give a nice hug to your ownself. Become totally one with yourself, 19. Go up, arms stretched high and down, knees straight (6 times). 20. Legs apart, arms parallel to the ground, go from side to side, 21. Sit on the mat with legs straight, hug your knees and let them go, 22. Right foot on left thigh and down, 23. Left foot on right thigh and down, 24. Go forwards and twist on both sides turn wise, 25. Lie down on your belly, hands next to chest, chin on ground, go up and down, 26. Twist and down on both sides 27. Cat and Cow stretch.

- One slow round of Sun Salutations: (12 steps of sun salutations)
  1. Come to front of your mat, feet together, bring the palms together infront of your heart. Inhale take the hands above the head and bend your back a bit (take 3 breaths)
  2. Exhale bend forwards from the base of your spine, bend your knees if you have to, forehead comes close to the knees or touch them, palms rest on the floor in line with feet.
  3. Inhale, take your right foot back, left foot remains perpendicular to the ground, look up and smile
  4. Exhale, left foot back, resting the body on palms and toes, keep the body straight, neck and head aligned with your back
  5. Inhale bend the knees touching the ground, exhale Child’s pose, head rests on the
ground, heels and hips are in contact. Relax in normal breathing.

6. Inhale look forward, exhale without moving your hands and feet, glide the body forward. Raise the hips off the ground, chin remains on the ground.

7. Inhale; raise the head and trunk, making the spine concave upwards without lifting the position of the hands and feet. Arch the back as far as you can until the elbows are staright, body slightly above the ground.

8. Exhale, curl your toes, raise the hips high, and push the head down without shifting position of hands and feet.

9. Same as step 5

10. Inhale and bring the right foot between the hands, arch the back concave upwards as in step 3, until the right is perpendicular to the ground.

11. Exhale and bring the left foot forward next to the right foot and reach down with your upper body to touch the forehead to the knees as in step 2.

12. Inhale coming back to stand straight with legs and palms together. This completes one round of sun salutations. 3 – 12 rounds of the sequence are usually repeated.

Age Appropriate Yoga Activities

Kids will still love games and activities at this age, games will be a big hit with this age group, children are very serious about the rules and will call out anybody that they believe is cheating, use these cheating moments as an opportunity to help kids to deal with their big emotions.

Yogi Says: Yogi Says is a fun game that kids love and it is a great way for kids to earn yoga poses too!

This is the yoga version of the traditional game of Simon Says.

How to play:
1. One person is chosen to be the yogi
2. The Yogi stands up the front and calls out the names of different yoga poses
3. The children must only obey commands that begin with the words “yogi says.” If yogi says, “yogi says do downward dog,” then players must do downward dog yoga pose
4. But, if yogi simply says, “do downward dog,” without first saying “yogi says,” players must not do downward dog
5. Those that do downward dog are out
6. The game continues until there is only one child remaining, that child is the winner and gets to be the next yogi!
7. It is a good idea to keep an illustrated yoga pose guide near by for children to choose poses from.

Yoga Dance ‘n’ Freeze

Yoga Dance ‘n’ Freeze is a super fun and silly yoga game that burns of lots of energy here’s how to play:
1. Play some fun music and get the children dance around
2. Stop the music suddenly and shout out the name of a yoga pose
3. Kids have to freeze in the yoga pose that you yell out

This is a simple game that is loads of fun, kids love it and it helps them to burn off excess energy!

Mindful handwashing:

Tell the children to wash their hands in complete silence, for 20 seconds. Notice the temperature of water, notice how it feels on the hands, become aware of the sound of water splashing and soap rubbing, notice how their breath is while washing hands. Ask them to share their experience with each other. Ask them to be creative in narrating the experience.
Breathing Exercises:

1. **Abdominal Breathing (3-6 round):** Sit in a cross legged position with your back straight. Inhale on the count of four and expand your belly while inhaling like a balloon, hold for a count of four, exhale on the count of six (squeeze your belly in).

2. **Bee-Sounding Breath (3 rounds):** Let’s get in a comfortable position to practice bee breathing. Imagine that you are sitting on a leaf or a flower petal. Sit straight and allow the leaf petal to support you. Breath in, allowing the air to just gently come in through your nose, filling up your lungs. As you breathe out, buzz like a bee. See how far your bee is going to fly before sitting down and resting again. Hmm. Hmm. Hmm. On the next breath, see if your bee can fly with a loud, strong hmm. On the next breath, see if your bee can fly with a soft hmm. Does it feel different with a strong or soft hmm? How does your hmm feel? Ideas for use: After breathing practice, draw a picture of a bumblebee and the leaf or flower that you were “sitting” on in your imagination. This picture can be used as a relaxation practice reminder. When you see the picture, practice being like a bee and practice bee breath!

Relaxation: 5 mins

**Full Body Scan: Instructions:**
This simple breathing practice will cultivate deep relaxation in children’s bodies and minds. When guiding children through this practice, speak softly and slowly, it is also wonderful to play some soft, gentle music quietly in the background to help children to feel calm and relaxed.

1. Sit or lay down comfortably and close your eyes - if you don’t like closing your eyes, it is fine to keep them open softly.
2. To begin, take a slow, deep breath in through your nose
3. Then open your mouth to breathe out slowly, you can make a gentle haaaa sound as you exhale
4. Take another breath like this, deep breath in through your nose, then opening your mouth to breathe out slowly, haaaa
5. Next, relax your face, relax all of the muscle of your face, relax your eyes and eyebrows, relax your mouth, your tongue and your jaw
6. Then, relax your shoulders and your arms, relax your chest and your belly and relax your legs and your feet
7. Now, see if you can feel your breath in your chest as you breath, notice how the chest rises and falls with each breath - allow a few moments here for children to feel the sensations of their breath
8. Well done, taking two deep breaths the same way we did at the beginning of this practice, take a deep breath in through your nose, then opening your mouth to breathe out slowly, haaaa
9. Last one, take a deep breath in through your nose, then opening your mouth to breathe out slowly, haaaa
10. You can breathe normally now and when you are ready, slowly begin to open your eyes

Class Plan:

Here is what a basic class plan looks like for ages 9-12.

Getting set up

1. Arrive 5-10 minutes early for your class
2. Get your list of children’s names who will be attending your class and create nametags
for them, also, make a nametag for yourself.
3. If you are teaching at a yoga studio or in a school hall, you will need to put out mats for the kids to have a place to sit, if you are teaching in a school classroom you generally won’t need mats, just the carpet in their classroom will be fine.
4. Have a quick look over your class plan so that you are ready to go!
5. Spend just a moment grounding and settling your energy, close your eyes, let go of anything external that may be taking up your awareness, consciously let go and affirm that for just the next 20 minutes or so, you will be completely present for the children.

**Time to begin**

6. Say hello to all of the children, use their names, listen to their stories they may want to tell you about their day and connect with them as much as possible
7. With this age group it can be good to begin with a breathing exercise while seated or a short relaxation practice to get kids settled and ready for their class
8. 15 minutes warmup
9. 15 minutes yoga sequence (1 round with 3 breaths in each pose or 3 fast rounds)
10. After your sequence, you can then guide children through a 10 minute relaxation practice.
11. Now it’s time for games or activities! Allow 20 minutes for games and activities
12. Finish up - close the class down by telling the kids what an amazing job they did, let them know when you will see them again and offer them take home yoga poses or sequences to practice at home.

Yoga at home

This age group will enjoy doing some yoga at home, you can create yoga sequences for them to take home and practice, you will find print outs of yoga sequences for ages 9-12 in the resources section of this course. It can be a great idea to give kids themed practices such as yoga for the morning/evening, yoga for a headache, yoga for anxiety etc as children will begin to use yoga as a self-empowering therapy. It is also a good idea to give children themes such as yoga for strength, yoga for flexibility etc. So that they can work on their goals.
Module 4: Yoga for age 13-18 /High School

What brings this age group to yoga?
This age group benefit immensely from learning yoga and meditation, they are dealing with a lot of physical, mental and emotional changes and are often also dealing a lot of internal chaos, which yoga and meditation can help to calm. This age group is often dealing with a lot, the first years of high school can be difficult for many as they deal with the mounting pressure to perform and succeed, they will be dealing with big changes internally with the onset of puberty, they will also be dealing with physical changes, possible difficulties with relationships both at home and at school, pressure from the media to look and be a certain way and much more, so when this group arrives at yoga, it often serves as a release for them, it can become a place of peace away from all of the chaos and can teach them valuable skills to deal with the stress they will inevitably face. Many children this age are also becoming interested in fitness and may use yoga as a vehicle to achieve physical goals.

Development
- Children this age are dealing with many physical, psychological and emotional changes due to puberty
- Puberty happens around age 9-11 for girls and 11-13 for boys, though it can be earlier or later than this
- This age group will be busy working out who they are, they will likely try new clothing styles, different types of music and new friend groups
- Becoming very independent and responsible
- Enjoy new experiences
- Will be developing values and morals
- May become interested in romantic relationships
- Strong feelings and intense emotions are common
- Mood swings due to fluctuating hormone levels are common
- Can be self-conscious, especially about body image
- May be experiencing bullying or peer pressure
- Improved self-control, skill planning, problem solving and decision making
- Bones increase in thickness and volume
- Children this age can be a little clumsy due to fast growth, their centers of gravity change and their brains can take some time to adjust so be cautious teaching balance postures
- Muscles will increase in strength and size
- A new type of sweat gland will develop in teens in the armpit and genital area which can cause body odour
- Can benefit from learning how to manage stress

Teaching Tips
- Stick to terms and vocabulary that children will understand
- Be mindful of children being self conscious at this age, body issues are common
- Physical development in this age group can cause some clumsiness, be cautious with forward folds and inversions
- Let children know often about the physical, mental and emotional benefits of each pose, this will help to motivate them to practice

Teen Mental Health
It is well known these days that yoga, meditation and mindfulness can help people who are struggling with mental health issues such as anxiety and depression, if you are teaching the 13-18 age group, it is very likely that you will encounter children who are struggling with their mental health. Adolescence can be a common time for mental health issues to arise because the teenage brain is still maturing and will go through many changes and challenges in a short period of time, add environment and genetics to this time of development and coping with life can seem very difficult for many children. Some of the most common mental health issues you may encounter in children this age are:

1. Anxiety disorders
   - Social phobia
   - Separation anxiety
   - Generalized anxiety
   - Obsessive-compulsive disorder
2. Major depressive disorder
3. Attention Deficit Hyperactivity Disorder

What to do when a child with a mental health issues presents in your class
Yoga, meditation and mindfulness can help to assist people that are dealing with mental health issues, deep breathing, mindful movement and relaxation exercises can help to calm the nervous system, although these practices may not cure a child completely from the disorder that they are experiencing, yoga and meditation can be a great management tool. The journey to recovery can be long and complex for children who are experiencing these disorders, the cause is often unclear and the cure can be different for each individual, when a child presents in your class with a mental health disorder you can let them know how yoga and meditation can help, here are some of the ways these practices can benefit a person experiencing mental health issues:

- The practice of yoga and meditation can help to bring the awareness of the mind into the present moment, this can help to lessen and even relieve anxiety, depression and other disorders that arise from past or future concern.
- Deep breathing can switch off the fight, flight or freeze response associated with anxiety and can trigger the para sympathetic nervous system response that is responsible for the rest and digest state, where children experiencing these disorders will feel much calmer.
- Slow, mindful movements indicate to the brain that the environment the child is in is safe, helping to relieve anxiety.
- Meditation and visualization can help to show children that what they think about directly effects how they are feeling, this can help to relieve anxiety and depression and can give the child a sense of control when they are feeling helpless

These are just a few of the many benefits children experiencing mental health issues can gain from doing yoga and meditation, the best way for a child to know how yoga and meditation can help them, is to give it a try, encourage them to establish a regular practice as this is where they will experience the greatest benefits.

Age appropriate yoga poses
Yoga poses for age 13-18 will resemble adult yoga poses, the main difference is that a teen practice will be modified to suit the common experiences of a 13-18 year old.
• **Warm up exercises:** 1. Fists open and close, 2. Wrists in and out 3. Wrists round, 4. Wrists opposite direction round, 5. Elbows open and close, 6. Neck rotations (inhale on right, exhale bringing neck down from left), 7 Neck Rotations opposite direction (inhale on left, exhale bringing the head down on right), 8. Shoulders roll up and back, 9. Shoulders role up and forward, 10. Twist (loosen up your body, totally let go), 11. Hip Rotation, 12. Hip rotation opposite direction, 11. Knee rotation, 12. Knee rotation opposite direction, 13. Right foot up and down, 14 right ankles rotate, 15. Right ankles rotate opposite direction, 16. Right leg kick, 17. Right full leg forward and backwards. 18. Left foot up and down, left foot ankle rotate, 19. Left ankle rotate opposite direction, 20. Left leg kick, 21. Left full leg forward and backwards. 18. Tap your whole body, awaken it, and let go, stand tall inhale deeply, open your arms wide, exhale and give a nice hug to your ownself. Become totally one with yourself, 19. Go up, arms stretched high and down, knees straight (6 times). 20. Legs apart, arms parallel to the ground, go from side to side, 21. Sit on the mat with legs straight, hug your knees and let them go, 22. Right foot on left thigh and down, 23. Left foot on right thigh and down, 24. Go forwards and twist on both sides turn wise, 25. Lie down on your belly, hands next to chest, chin on ground, go up and down, 26. Twist and down on both sides 27. Cat and Cow stretch.

• **One slow round of Sun Salutations: (12 steps of sun salutations)**
  13. Come to front of your mat, feet together, bring the palms together infront of your heart. Inhale take the hands above the head and bend your back a bit (take 3 breaths)
  14. Exhale bend forwards from the base of your spine, bend your knees if you have to, forehead comes close to the knees or touch them, palms rest on the floor in line with feet.
  15. Inhale, take your right foot back, left foot remains perpendicular to the ground, look up and smile
  16. Exhale, left foot back, resting the body on palms and toes, keep the body straight, neck and head aligned with your back
  17. Inhale bend the knees touching the ground, exhale Child’s pose, head rests on the ground, heels and hips are in contact. Relax in normal breathing.
  18. Inhale look forward, exhale without moving your hands and feet, glide the body forward. Raise the hips off the ground, chin remains on the ground.
  19. Inhale; raise the head and trunk, making the spine concave upwards without lifting the position of the hands and feet. Arch the back as far as you can until the elbows are straitght, body slightly above the ground.
  20. Exhale, curl your toes, raise the hips high, and push the head down without shifting position of hands and feet.
  21. Same as step 5
  22. Inhale and bring the right foot between the hands, arch the back concave upwards as in step 3, until the right is perpendicular to the ground.
  23. Exhale and bring the left foot forward next to the right foot and reach down with your upper body to touch the forehead to the knees as in step 2.
  24. Inhale coming back to stand straight with legs and palms together. This completes on round of sun salutations. 3 – 12 rounds of the sequence are usually repeated.

**Yoga & Mindfulness activities**
Activities may not be a major part of your class but they can still be a wonderful addition, mindful colouring in for example can be used right into adulthood. In the resource section of
this course you will find some yoga activities for ages 13-18.

Social Activities like gardening together a small vegetable garden for school or planting trees. This age group can also sit in a group of 2 with one person asking the other repeatedly “Who are you?” and the other person responding with a different word each time. The listener has to encourage the speaker and say wow at everything the speaker says. Each participant gets 3 minutes. This activity helps children discover the possibility of having more potential than their awareness.

Breathing Exercises:
- **Alternate Nostril Breathing**
- **Bellow’s Breath:** sit with your back straight, fists in line with your shoulders, as you inhale softly from nose and naturally raise your arms and open fists, as you exhale from nose, do it forcefully with a sound bringing your hands back in line with your shoulders. Do it 20 times.

Relaxation:
Lye down flat with legs a part, arms on the sides, palms facing the sky
Take a deep breath in and as your breathe out feel your body sinking on the ground
Take your awareness towards your feet, calf muscles, knee joints, thighs, the whole lower part of your body. A deep breath in and breathe out.

Become aware of your abduman region, all the organs in your abdomen are relaxing and functioning very nicely for you, your chest region relax, relax your arms, elbows, forearms, hands and your fingers, the whole middle part of your body. A deep breath in and breathe out.

Become aware of your throat and neck region, take your awareness towards your facial region and let all the muscles relax, relaxing your forehead, eyes, tip of your nose, mouth, lips, tongue and teeth. Become aware of your head region. The whole facial and your head region. A deep breath in and breathe out

Relax your whole body and mind
Gently turn towards your right side, come to sitting cross-legged position with your eyes closed and palms on your knees facing the sky. Become aware of your whole body, become aware of the sounds in the surroundings, the environment around you and within you. Gently rub your palms with each other, place them on your eyes and whenever you feel complete with a beautiful smile, you may open your eyes.

Basic Class Plan Break Down
1. Set Up 10 minutes
2. Say hello and get settled 5 minutes
3. Breathing exercise 5 minutes
4. Yoga sequences 30 minutes
5. Breathing and Relaxation exercise 10-15 minutes
6. Mindfulness activity 10-15 minutes
7. Finish up 5-10 minutes
Resources

Coloring Sheets
Dog
Yoga Postures – Benefits and Limitations

Some general instructions of practicing Yoga Asanas
1. Do not perform Asanas immediately after meals. Leave about two hours after a meal. Avoid simulating drinks.
2. Yoga asanas can be performed before or after bath but leave around 30 minutes between asanas and bath.
3. Relaxing the body in a posture is of vital importance. Remove all tensions in the final posture and relax for a few seconds or minutes in between postures.
4. After the yoga asanas one should feel fresh and relaxed; never tired, exhausted or sweating too much.
5. Do not over exert beyong your capacity to maintain postures for long durations according to your progress.
7. Women who are pregnant should avoid practice at least after 5th month of pregnancy except under expert guidance.

Sun Salutations

Benefits:
- Improves awareness (mindfulness) and concentration
- Improves mental clarity and rhythmicity of breathing
- Strengthens the spine, Stimulates and balances the system of the body.

Contradiction:
- It should not be practiced by anyone suffering from high blood pressure, coronary artery disease, or hernia.
- Back conditions (Disk prolapsed, sciatica etc) should consult a medical expert and a yoga expert before commencing the practice.
- Pregnant women should avoid practice without supervision of an expert.
Standing Postures

Lateral Arc Position

Resting position: Mountain pose (tadasana)
Practice Cues: Available in video
Note: Bend laterally. Do not bend forwards or backwards.
Benefits: Reduces fat in waist region, stimulates sides of the body. Gives lateral bending to the spine, improves function of liver.
Limitations: No limitations

Half Wheel Posture

Resting position: Mountain Pose (Tadasana)
Practice Cues: available in video
Benefits: Makes the spine flexible, stimulates the spinal nerves, promotes circulation of blood into head, strengthens the neck muscles. Expands chest and shoulders and improves breathing.
Limitations: Persons with problems of vertigo must avoid this posture.

Forward Bend Posture

Resting position: Mountain Pose (Tadasana)
Practice Cues: available in video
Note: Never bend the knees, keep the neck up until the forwards bending at the hip and waist is
completed and then drop the neck freely down to eventually touch your chin to your knees. **Benefits:** Makes spine flexible strengthens the thighs, helps in preventing constipation and menstrual problems. Improves digestion and enhances blood flow to the head region. **Limitations:** People with vertigo, severe degree of hypertension, cervical spondylosis and disc prolapsed to avoid this posture.

**Triangle Posture**

![Triangle Posture Image]

**Resting position:** Mountain Pose (Tadasana)  
**Practice Cues:** available in video  
**Benefits:** Helps in preventing flat foot, strengthens the calves and thigh muscles, corrects curvature of back, strengthens the waist muscles and makes the spine flexible.  
**Limitations:** People who have undergone recent abdominal surgery, slip disk or sciatica may avoid this posture.

**Sitting Postures**

**Vajrasana – The Ankle Posture**

![Vajrasana Image]

**Resting position:** Dandasana  
**Practice Cues:** available in video  
**Note:** In the final posture, the soles of the feet face upwards, heels are kept together and the entire weight of the body is felt on the back of the feet.  
**Benefits:** One of the meditative postures. Keeps the spine erect and prevents drowsiness. Stimulates the pathway at the ankles, which increases the awareness. Helpful for cases of varicose veins, prevents deep vein thrombosis. Makes the ankle flexible and prevents flat foot. This is the only posture, which can be performed even after heavy food. Useful for heel pain.  
**Limitations:** People suffering from stiff ankle due to Rheumatic problems may avoid this posture.
Moon Posture

Resting position: Dandasana
Practice Cues: available in video
Benefits: Enhances blood flow to the head, stimulates the brain, gives flexibility to the spine, ankles and knees. A good posture for breathing ailments.
Limitations: Patients with gastritis and peptic ulcer may avoid this posture.

Head to Knee Pose

Resting position: Dandasana
Practice Cues: available in video
Benefits: Gives flexibility to the backbone. Stimulates the spinal nerves and back muscles. Improves digestion, energizes the whole body. Removes constipation
Limitations: People with heart ailments, back problems and spondylosis should avoid this posture.

Camel Pose

Resting position: Dandasana
Practice Cues: available in video
Note: the lower legs should be perpendicular to the ground.
Benefits: Makes the spine flexible. Increases circulation in the head region.
Limitations: Those who have undergone any recent operation at the chest or abdomen, people with hernia problems, severe hypertension and low back pain must be cautious.

Twist Posture – Vakrasana
Resting position: Dandasana
Practice Cues: available in video
Benefits: Lateral twist gives flexibility to the spine, tones up spinal nerves. Helps to cure constipation, dyspepsia, stimulates the pancreas and useful for diabetes. Improves the lung capacity.
Limitations: People who have gone through recent abdominal surgery may avoid.

Bridge Pose

Resting position: Dandasana
Practice Cues: available in video
Benefits: This posture is generally strengthening for shoulders, thighs and wrists and also tones the lumbar region of the spine and the Achilles tendons.
Limitations: If wrists are weak or have gone through injury, this position should be avoided or practiced with caution.

Prone Postures

Cobra Posture

Resting position: Crocodile posture
Practice cues: Available in video
Benefits: Brings flexibility in dorsal spine, strengthens the spinal muscles, reduces the abdominal fat, useful in managing bronchial problems and back problems.
Limitations: Those who have undergone abdominal surgery may avoid this asana for 2 months. Proceed cautiously in cervical spondylosis.

Locust Pose

Resting position: Crocodile Posture
Practice Cues: available in video
Benefits: Helpful in managing sciatica and low backache. Tones up the kidneys and hip muscles. Reduces fat on thighs and buttocks.
Limitations: Cardiac patients and diabetic patients may avoid this posture. Proceed cautiously in low back pain.
Boat Pose

Resting position: Supine Posture
Practice Cues: available in video
Benefits: This pose strengthens the abdominal muscles. It strengthens the muscles of the arms, thighs and shoulders. It improves the health of all organs in the abdomen especially the liver, pancreas and kidneys.
Limitations: Asthma and heart patients are advised not to practice Naukasana. If you have low blood pressure, severe headache and migraine, you must avoid this yoga pose.

Plough Posture – Halasana

Resting position: Supine Posture
Practice Cues: available in video
Note: Make sure that you have achieved perfect balance before you release yours hands supporting the trunk.
Benefits: Stretches and stimulates the back muscles, spinal joints and lumbar nerves. Enhances blood flow to the neck, activating the thyroid and keeps spine flexible.
Limitations: People with any problem in the spine, hypertensives and those with cardiac problems must avoid this asana.

Shoulder Stand

Resting position: Crocodile Posture
Practice Cues: available in video
Benefits: Stimulates and keeps the thyroid healthy, influences the pelvic organs. Useful in varicose veins, piles, hernia and menstrual disorders.
Limitations: People with Cervical spondylosis, low back pain and hypertension should not do this posture.

Savasana – corpse position

Benefits: One of the most powerful tools in controlling a large number of diseases caused by tension such as high bp, insomnia etc. it is very helpful for calming down the mind leading to meditation.

Balancing Asana

Tree Pose

Practice cues: available on video
Duration: Practice upto 3 rounds on each leg, holding the final position upto 1 minute.
Benefits: This asana develops nervous balance. It also strengthens the leg, ankle and foot muscles.
Quiz

Q1. What does the word Yoga mean?
   a) Practice
   b) Breath
   c) Union

Q2. Who compiled the essential features of Yoga?
   a) Patanjali
   b) Adi Yogi
   c) Sadhguru

Q3. Name five mental fluctuations of the mind.
   a) ___________________________
   b) ___________________________
   c) ___________________________
   d) ___________________________
   e) ___________________________

Q4. Write any 2 benefits of yoga for children
   a) __________________________________________
   b) __________________________________________

Q5. What is the average of puberty in girls?
   a) 17-19 years
   b) 9 – 11 years
   c) 14 – 16 years

Q6. What should be the sequence of a yoga class?
   a) Relaxation, talking, breathing and yoga asan
   b) Warmup, yoga asan, breathing, relaxation/meditation
   c) Yoga asan, warmup, relaxation

Q7. What sound is used in bee sounding breath?
   a) Buzzzzz
   b) Hmmmm
   c) Lammmm

Q8. Write two benefits of forward bend posture.
   a) __________________________________________
   b) __________________________________________

Q9. Which age group most commonly encounters anxiety disorders like social phobia, sepearation anxiety, generalized anxiety and obsessive compulsive disorders?
   a) 5-8 years
   b) 9-12 years
   c) 13-18 years

Q10. How many steps are there in sun salutations for children above 13?
    a) 6
    b) 9
    c) 12