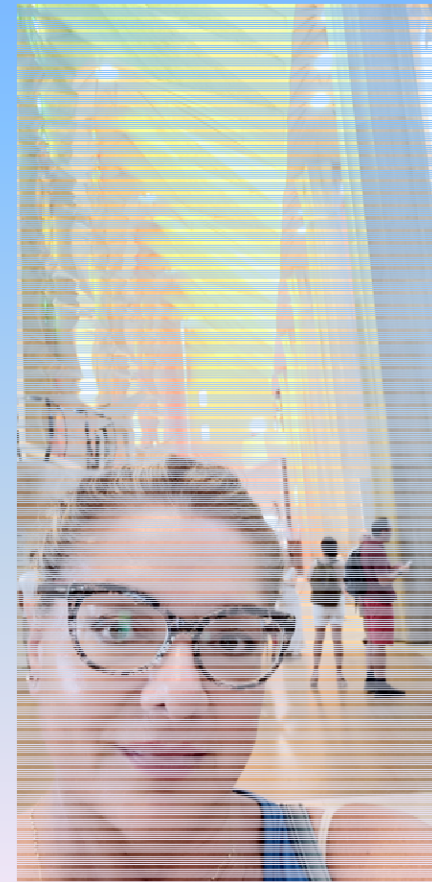


INTRODUCING YOGA IN PRIMARY SCHOOLS

BARCELONA 21-26/08/2023



LEARNING OUTCOMES

- Deepen self-awareness
- Awaken physical, psychological and social potential through play and exercise
- Stimulate creativity, self expression, curiosity and intuition
- Develop a more loving and respectful relationship with nature and with others
- Promote greater attention and achievement in school
- Alleviate stress and anxiety

THE COURSE

- > Yoga is adaptable for people of different age, abilities, backgrounds and religions.
- > Yoga and meditation have proven health benefits - for greater physical, mental and social well-being. Over time, regular yoga practise can lead to increased energy, flexibility, attention span, and self esteem.
- > Practising yoga help us to liberate and control our emotions, approach daily challenges with confidence, and find a renewed appreciation for the environment.
- > Through yoga, children learn values such as gratitude and respect, important techings for daily life in and out of the classroom.

The teacher trainer, Joost Scharrenberg



Mindfulness accredited trainer in different protocols for children, adolescents, and adults.

More than 10 years of experience training at schools and with families.

Trainer, Supervisor and Mentor of future mindfulness trainers for children and adolescents.

Accredited yoga teacher and life coach.

Author of “El juego del ahora”, a book and a card game to start with mindfulness, yoga and emotional intelligence.

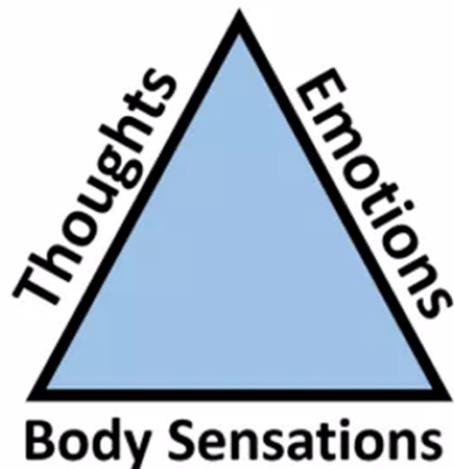
INTRO TO YOGA...

WHY YOU DON'T ? LISTEN TO YOUR BODY.	WHAT DOES YOUR BODY NEED? HOW TO TAKE CARE OF YOUR BODY?
NOT A PRIORITY YOU ARE TOO BUSY PRESSURE! EGOIST / SHAME CULTURE! FAMILY BELIEF! WE DON'T KNOW HOW TO LISTEN	STOP & LISTEN REST HEALTHY FOOD EXERCISE MEDITATION RELATIONS SLEEP ENTEROCEPTION
<u>STOP & LISTEN</u>	



Why don't try it?

Triangle of Awareness Reacting vs Responding



Impulse/Drive



Response (being mindful)

Responsibility, freedom,
commitment, kindness, learning

Reaction (automatic pilot)

Loss of control, guilt,
victimization, self-judgement,
repeating behavior.

Qualities and attitude of mindfulness

Qualities and attitudes



You cannot be “bad” at mindfulness,
as we are all beginners!!!

Non Judging

Trust

Letting Go

Patience

Non Striving

Gratitude

Beginner’s Mind

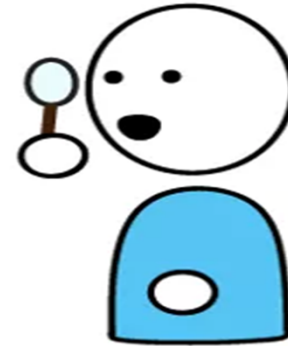
Acceptance

Generosity

Beginner's mind...

TO CULTIVATE BEGINNER'S MIND...

- LET GO OF PRECONCEPTIONS ABOUT "HOW THINGS WORK"
- ELIMINATE EXPECTATIONS ABOUT WHAT WILL HAPPEN
- FILL YOURSELF WITH CURIOSITY TO UNDERSTAND THINGS MORE DEEPLY
- OPEN YOURSELF UP TO NEW POSSIBILITIES
- ASK SIMPLE QUESTIONS



Research FIRST DAY Use your Beginners Mind

Look at your hotel room as if it's the first time you are seeing it

- Don't judge
- Be truly curious
- Open to a world of possibilities
- Free of expectations about what will happen
- Slow down and take your time
- Listen. Really.

partiamo da noi stessi...

Yoga in the Classroom

Practical Tips to Prepare a Class

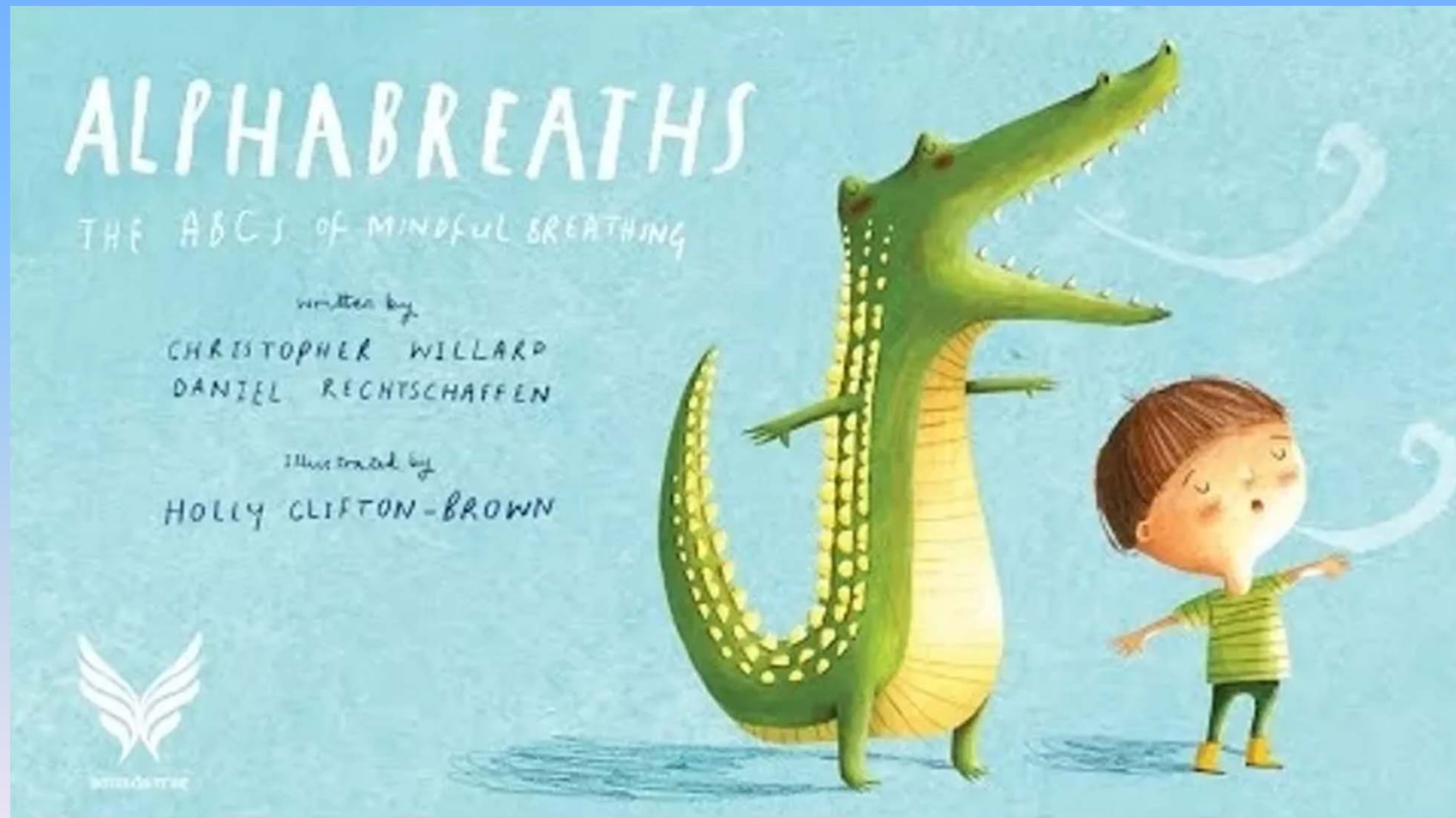
- Spend a few minutes grounding yourself before the class!
- Experiment yourself with all the exercises
- Choose well where and how to practice yoga (Simplicity)
- Organize the material you need for the sesión (yoga cards...)
- Wear comfortable clothing that allows movement
- Decide before the class begins: structure yoga sesión, time available, if there is a child with special needs

Begin your day with Sun Salutation, an honoring of the sun through a series of positions, or asanas!



Meditation and mindfulness

Pranayama: breathing exercises



YOGA IN PRACTISE...

Yoga in the Classroom

Tips accompanying children

- The teacher shows the children how to do the yoga pose
- You can encourage the children to help each other or work in pairs
- Observe if children breathe naturally (not hold their breath)
- Guide and motivate the children, congratulate them for their efforts.
- You can suggest that they close their eyes (never force them).
- Let each child do and undo the positions at his or her own pace.
- At the end you can ask about the children's experience.

Yoga in the Classroom

The structure of a yoga lesson

- Opening: introduction or meaningful question
- A Moment of Stillness: Guided Breathing/Listening Activity
- Playful Movement and Breathing (what do they need?)
- Focused Movement and Breathing (yoga poses)
- Guided Relaxation, few minutes with music or in silence

We should remember that...

We have more than 5 senses!

Sight, Touch, Smell, Taste and Hearing.

Interoception = helps you understand and feel what is going on inside your body

Proprioception = perceive the position and movement of our body, equilibrium and balance

YOGA IN PAIRS

- 1- It Improves alignment, balance and posture.
- 2- It accelerates stretching.
- 3- It strengthens communication.
- 4- It deepens connection.
- 5- It increases FUN!



Some homework

Research SECOND DAY Mindful Eating or Drinking

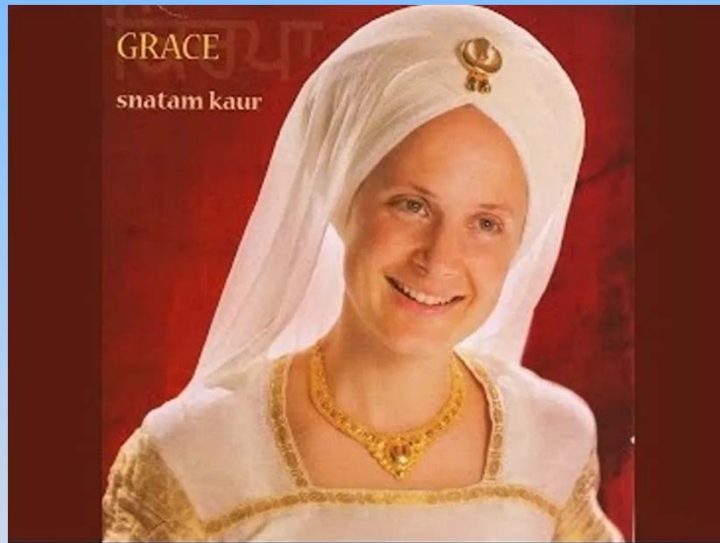
Eat or drink something using all of your physical and emotional senses

- Eat or drink slowly, take the time necessary
- Focus completely on the food or drink
- Savoring every bite or sip
- Listening to your body signals
- Eat or drink only until you are full

- 1 PHYSICAL HUNGER**
experiencing physical signs of hunger such as stomach growling, irritability, difficulty concentrating, or thinking about food, symptoms vary in intensity depending on hunger level (see hunger/fullness scale)
- 2 PRACTICAL HUNGER**
also known as the "planning ahead hunger", eating now because you know you can't later
- 3 EMOTIONAL HUNGER**
eating to quench uncomfortable feelings (such as loneliness, sadness, boredom, or anger)
- 4 TASTE HUNGER**
a desire to eat simply because it looks or sounds good or because the occasion (e.g., celebration, special event) calls for it
- 5 EXPERIENCE-SHARING HUNGER**
wanting to eat because you are out with friends and everyone else is eating or buying food and drinks to enjoy
- 6 ENERGY-SEEKING HUNGER**
seeking out a snack because you are tired (from inadequate sleep or stress) and hope that it might give you more energy

YOGA GAMES...

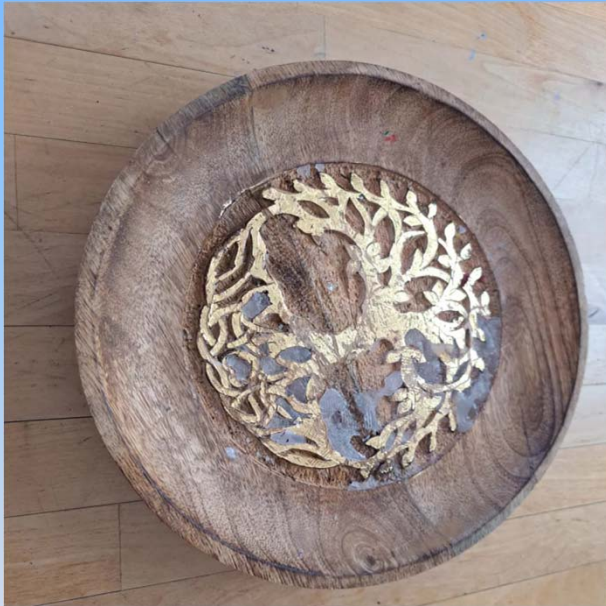
Guided meditation exercises, games for concentration...



“ramadasa healing mantra”



Wishes that the elves will take with them...



...for building trust, for letting off steam, for calming down...



Walking meditation



Other Exercise

Research **THIRD DAY**
Be Aware when you Judge

When do i judge?

Let go the automatic judgements
that arise in your mind with every
experience you have.

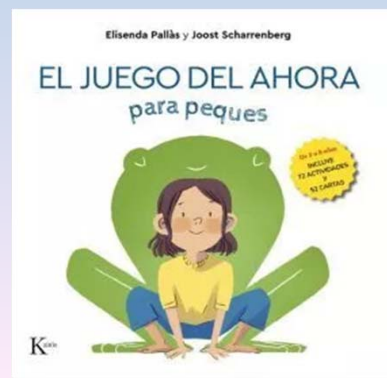
Observe and accept thoughts as
they enter your mind without
labeling them as Good or Bad.

NON-JUDGMENT MEANS YOU DON'T NEED TO
DO SOMETHING ABOUT EVERY LIFE EXPERIENCE



YOGA STORIES...

- Emotional education: yoga stories for children.
- Games for reviewing poses: yoga cards, yoga freeze tag, yogi says.
- Activity: yoga for happiness
- Teamwork: back to back breathwork and trust exercises.



COOKED SPAGHETTI

In this activity, kids tense and relax muscles, while pretending to be uncooked and cooked spaghetti!



BUTTERFLY BODYSCAN



Continuing exercise

Research Fourth Day
What are you grateful for?

What are you grateful for?

Make a list at the end of the day
with all the things that you are
grateful for?

It can be small things too, like for
example: a chat, a coffee, a
laugh...



Yoga for classroom management...

Last day, working on the yoga & mindfulness class



Last day, working on the yoga & mindfulness class



RAIN Method for Difficult Emotions

What is RAIN?

- [RAIN](#) is a process that was developed by Michelle McDonald as part of the [mindfulness](#) movement, which is characterized by an emphasis on maintaining awareness of your surroundings and the thoughts and feelings that accompany them without judgement. This means no reliving the past, and no preparing for the future. This is a relatively new practice, so there are flaws within it, but at the very least there's a possibility that it could help you.

RAIN is, in fact, an acronym, the four letters standing for:

- Recognize
- Accept
- Investigate
- Not-identify

Why teach yoga and mindfulness

Summary Benefits of Mindfulness

What are the Benefits of Mindfulness?

- Can reduce anxiety, depression and stress
- More self-control and ecuanimity
- Improve concentration and memory
- Enhance the ability to relax, rest and sleep well
- Increase emotional intelligence (emotional regulation)
- Improve ability to relate to others and one's self with kindness
- Acceptance and compassion

When? What? How to teach Yoga & Mindfulness in the Classroom?

Teach Y&M in the classroom

How to teach Y&M in the classroom?

- When? Classroom transitions, before exams or performances, to change the energy/calm down, critical situations, because you need it or the ask for
- What? Breathing, Listening, Body Scan, Massage, Walking Exercise, Yoga, Mindful Eating, Memory Game, Yoga Cards, Weather Report, Emotions, Kindness, Reflect on Subjetcs
- How? Be the Example, Explain purpose, Bit by Bit, do something you like to do yourself, Good Morning Space, Check in Classroom Teach with your Heart, Have fun, Repeat & Repeat, Plant seeds

Successfully completed the training course!

Barcellona 26 agosto 2023

