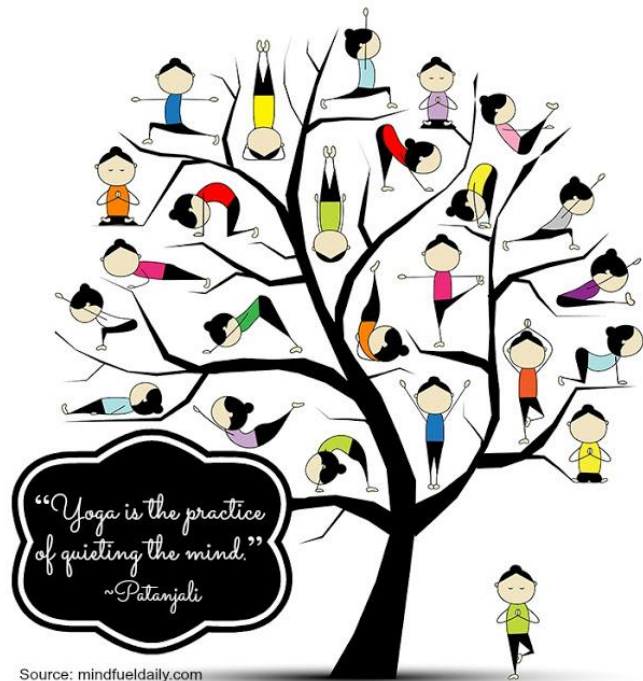


Yoga in School: Quieting the Mind



100 minutes of PE per week?! On top of Common Core State Standards: reading workshop, writing workshop, math workshop, social studies, science, computer lab, library, orchestra, and art?! Good grief; our poor kids SIT way too long per day!! But how to fit it ALL in, along with traditional outdoor PE times?! **Yoga!**

Yoga often gets a bum rap and negative misconceptions; uninformed people fear teaching students to sit in lotus position, chanting, "OM." This couldn't be further from the truth!

Taken from **Yoga4Classrooms**, the following are just a few of the **many** benefits of yoga and mindfulness practices which address the **whole child**, thus maximizing the academic, social and emotional competence development in the educational settings:

- Provides students healthy ways to express and balance their emotions.

- Promotes a more relaxed, comfortable state of being - the perfect state for teaching and learning.
- Brings students into the present moment – the most basic requirement for learning.
- Encourages community and connectedness within the classroom.
- Helps to create an atmosphere of confidence, enthusiasm and non-competitiveness where everyone can succeed.
- Provides opportunities for beneficial motor breaks throughout the day.
- Eases anxiety and tension (such as pre-test or performance jitters).
- Enhances focus, concentration, comprehension and memory.
- Provides opportunities for reflection, patience and insight, reducing impulsivity and reactivity.
- Supports social and emotional learning.
- Improves listening skills.
- Wakes up sluggish minds and creativity as needed.
- Enhances organizational and communication skills.
- Improves posture, assisting students to sit comfortably for long periods.
- Enhances motor skills and balance.
- Improves mind/body awareness and connection.
- Improves confidence and self-esteem.
- Encourages respect for oneself and others.
- Creates a calm, harmonious classroom