



MARCH PHYSICAL ACTIVITY MATTERS MONTHLY- YOGA

Program Name/Title:

Yoga Ed is a highly effective resource designed to help educators, health care professionals, parents and children incorporate yoga based activities into the classroom and daily lives.

Source:

Yogaed.com (K-12)

Yogaplaygrounds.com (Pre K-5)

Yoga Ed is listed on the Ministry of Education database as an anti-bullying resource and on Ophea.net as a DPA resource.

Description:

The great thing about yoga is that it is non-competitive and can be practiced by anyone at any physical level. Through Yoga Ed tools for teachers workshops (Pre K – 12), teachers can learn the four main yoga tools – breath, yoga poses, yoga games, relaxation and visualiations. Participants gain an understanding of when and how to use the various activities to create an environment that is conducive to learning. They learn how to destress themselves and self-regulate and can then pass this knowledge onto their students. In effect, they become the “change they wish to see” (Mahatma Ghandi). No prior experience of yoga is needed to take the training. Similar workshops are also available for health care professionals, parents and children.

Yoga tools help teachers create a more focused, harmonious environment and support students in feeling ready and able to learn to mplement Yoga Ed. Yoga Ed programs enable students and teachers to decrease stress, increase well-being and improve responsible behaviour and academic achievement.

One teacher at a past Toronto workshop commented:

“If we can help ourselves to relax and teach the tools to our students, I truly believe mentally we’ll all be healthier and physically aware”.

When students and teachers regularly address the conditions of their mind-body states and know how to implement specific tools to support their health and well being, they create a harmonious inner and outer environment. Improved focus, concentration, responsible behaviour, creativity and academic achievement are some of the many benefits. Healthier teachers and students today create a healthier community tomorrow.

For more information on Yoga Ed training and/or Yoga Playgrounds (Pre K-5) program please contact:

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