

# Creating a Mindful Community:

## 12 Ways to Add Yoga at Your School with Stephanie Congo



*"Yoga is known to be the ultimate stress tool."*

Introduction

Why Yoga and Benefits

Who, What, Where, When of Yoga

How of 12 Ways to Add Yoga at Your School

Check out all 4 of my Presentations at TAHPERD!

Staff training and teaching available

Questions? Comments?

### Why Yoga and Benefits

**WHY** would you want to add Yoga?

- Yoga improves the physical and emotional health and wellbeing of people.
- Yoga is a useful tool to help us cope with the anxiety, fear, isolation and depression symptoms we are now seeing with the pandemic.
- Yoga works because it strengthens the mind-body-breath connection so we can start learning ways to avoid being a human full of holes and learn to become whole humans instead.

Which **YOGA BENEFITS** are you interested in?

Peaceful	Improved Cognition	Reduce Stress
Centered	Better Breathing	Relieve Pain
Balance	Stronger Mind	Improved Respiration
Stretching	Grow 1" Taller	Improve Good Mood
Focus	Flexibility	Peace and Calm
Clarity	Relaxed	Improved Sleep
Mind - Body - Breath	Confidence	Reduced Anxiety
Neuroplasticity	Better Memory	Overall Health
Stronger Muscles	Boost Self-Esteem	Stability
Improved Attention	Athletic Exercise	Improve Boundaries
Better Posture	Higher Resilience	Emotional Regulation

### **Who, What, Where, When of Yoga**

**WHO** would you like to offer Yoga to?     Students   Staff   Teachers   Parents   Community

**WHAT** kind of Yoga would you like to have?

Gentle yoga	Yin yoga or stretching	Energy Medicine
Athletic yoga	Restorative yoga	Other movement like
Breathwork	Brain Gym	Tai Chi or Qi Gong
Meditation	Mindfulness activities	Self-Regulation Skills

**WHERE** would you like to offer classes?

At your school library, auditorium, cafeteria or community space.

**WHEN** would you like to offer Yoga?

Yoga snacks during the school day, classes before/during/after school, special programming, special class units, history lessons, yoga summer camps, etc.

### **HOW of 12 Ways to Add Yoga at Your School**

1. Start every class you teach with 1 minute of silence and a bell to start/end the time.
2. Teach a Yoga Module to PE classes. Multiple modules! Never-ending options!
3. Hold an afterschool Kids Yoga Club Program through extracurricular programming.
4. Add a Yoga Teacher, Yoga Therapist or a Mind-Body Therapist on staff.
5. Offer a variety of mindfulness and movement classes to parents, teachers and staff so that the whole community may embrace a more mindful way of being.
6. Offer a semester long (or longer) yoga program once a week in every classroom.
7. Hold a Yoga Pep Rally surrounding peace, mindfulness and/or meditation topics.
8. Teach mindfulness classes at school that are a designated part of health or PE classes.
9. Do daily mindful time, movements or meditations during intercom announcements.
10. Incorporate yoga as part of sports programs with coaches or yoga instructors.
11. Train teachers to be able to offer short yoga, meditation and mindfulness snacks daily.
12. Add a room for mindfulness, time-out or meditation instead of study hall or detention.

### **Questions? Comments? Contact Information**

Stephanie Congo ♥ Yoga Therapist ♥ Energy Medicine Practitioner ♥ Memphis, TN

Like me on Facebook! StephanieLovesYoga

[stephanielovesyoga@gmail.com](mailto:stephanielovesyoga@gmail.com)

[www.stephaniecongo.com](http://www.stephaniecongo.com)

(901) 573-4522