

Hi everyone!

I hope you are enjoying your weekend! Here is the summary for October 30th...

St. Mark School
October 30, 2018
Mindfulness and Yoga

“Children will often not remember what you say or do, but they will remember how you make them feel.”

Appreciations

Thank you Jennifer for helping with the cart and the yoga mats.
Thank you Kathy for pushing the cart to the Garfield lot.
Thank you Mary Ann for the gift of yoga mats!
Thank you teachers for participating in the practice!

Creating a Community and Yoga Beginnings

These first few weeks, may be your child’s first experience with yoga. The emphasis is on creating a safe space, introducing them to basic poses, and teaching them to recognize how they are feeling in their bodies. We want to establish a sense of community and a tone of respect and support in the classroom. We also want to teach children that they don’t have to participate in anything that feels uncomfortable.

Introduction to Yoga and Each Other

On the first day of class, we want the tone to be warm and welcoming. We set up the space with the mats in a circle so all children feel part of a connected group. Children are invited to take their shoes and socks off and put them in a designated area. The basic poses are introduced, with an emphasis on getting grounded, noticing how you feel, and enjoying the movement. Each class will include an opening ritual, the 5 elements (connect, breathe, move, focus, relax) and a closing ritual. That being said, I will respond to the needs of the class in the moment and modify my teaching to match the need.

Opening: Singing Bowl

Connect: Be safe and have fun

Breathe: Heart and Belly Breathing

Move: Choosing a Seat, Basic Poses (tabletop, cat/cow, child's pose, down dog, mountain)

Focus: Find your Focus Point in Tree Pose

Relax: Tense and Let Go

Closing: Heart Center Send Out

Our next class is Tuesday, November 20th. Here is the updated schedule...

8:00 - 8:30 3rd grade

8:30 - 9:00 2nd grade

9:30 - 10:00 4th grade

10:15-10:45 1st grade

11:35 - 12:05 Kindergarten (with Paul)

1:05 - 1:35 5th grade (whole)

With love and gratitude,

Cary

yogicary@gmail.com