



## Yoga In Schools

### BENEFITS OF YOGA

- Builds confidence and self esteem
- Improves ability to concentrate and enhances academic learning through memory improvements
- Improves mood, attention, and behaviour
- Teaches healthy self regulation
- Increases flexibility
- Provides positive impact on socialization and stress management
- Improves overall well being and mental health
- Supports positive character traits of teamwork, cooperation, perseverance, and responsibility

The word yoga comes from the Sanskrit word “yuj”, which means yoking, and in contemporary practice interpreted as union. Yoga is said to be for the purpose of uniting the body, breath and mind, providing greater present moment awareness. Research also suggests that yoga participation provides physical, emotional and psychosocial benefits to children, including those with attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD).

Yoga helps children connect their experiences and develop mindful awareness and positive decision making, focuses on breathing exercises to support with self regulation, utilizes movement exercises to help minimize hyperactivity, and incorporates tools to promote rest, relaxation, restoration and increased focus.

*“Yoga can be easily incorporated into educational curricula to support educational goals.”*

Yoga can be easily incorporated into educational curricula to support educational goals such as vocabulary development, phonemic awareness, basic concepts, sequencing, comprehension, math, and direction following. Yoga also meets the Ontario Curriculum goals in health and physical activity, numeracy, literacy, and the arts.

*\*All schools have been provided with yoga mats; a resource kit with additional tools and resources to support with classroom implementation will be made available to each school for September 2015.*

### References:

- Cohen Harper, J. (2013). *Little flower yoga for kids*. Oakland, CA: New Harbinger Publications, Inc.
- Ontario Center of Excellence for Child and Youth mental Health. (2012). *Yoga to support mindfulness and emotion regulation*. Retrieved June 22nd, 2015 from [http://www.excellenceforchildand youth.ca/sites/default/files/eib\\_attach/EiB\\_Yoga\\_EN.pdf](http://www.excellenceforchildand youth.ca/sites/default/files/eib_attach/EiB_Yoga_EN.pdf).
- Ristuccia, C. (2010). *Learn-with-yoga ABC yoga cards for kids Instructor Guide*. Tybee Island, Georgia: Addriya Yoga, LLC.

*“Yoga is the journey of the self, through the self, to the self.”*

- The Bahgavad Gita

