



RESOURCE GUIDE

Yoga Sequences Grades 9-12

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Yoga Sequences for PGKP

Grades 9-12

Session 1: I am Calm and Centered!

What it is

This short yoga session is a complete package for mind, body and spirit balancing which includes conscious breath work, physical postures and exercises, deep relaxation and meditation. Students will begin by centering themselves and end in a special way that allows them to dwell in their connection to themselves and to share their good wishes with others. This particular session allows students to dwell on the qualities of being calm and centered.

How to do it

You may want to start by sitting in a circle or any way that will put students at ease. Then brainstorm with the students about the qualities of being “calm” and “centered”.

Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out or tell stories where it comes into play.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture?

You may choose to share the following definitions & ask the students what is their favorite.

Calm is a way to be where we feel peaceful and relaxed. We are not feeling fearful or excited, we are still and settled. You can visualize the ocean when it is covered with choppy waves, then visualize it when it is flat on top and smooth, like a mirror. That is calm. When we are calm, we have the sensation that “all is well.” You can calm yourself anytime you need to, just by slowing down your breath, feeling your body and remembering that all is well.

Centered is a way to be where we feel that we are at home within ourselves. Sometime we get scattered, like leaving swirling around on the wind. Sometimes we are distracted and we miss opportunities. When we are centered, we have a feeling of being in our body and our mind, ready to greet whatever may come, and to do the job well.

Before you play the video

Encourage each student to find a place on the floor away from others. A yoga mat can be helpful. Little pillows or bolster can help make sitting on the floor more comfortable.

Encourage the students to follow along with the video, but make sure to listen to their body so that everything that is suggested feels safe for their particular body to do. We don't want any injuries!

Make sure students have a chance to use the bathroom and get some water before the session begins.

Sometimes students feel embarrassed or self-conscious doing yoga in front of others. It is ok to laugh a little bit. This can be a way to release tension. Sometimes students will also cry as a way to release tension. Encourage everyone to have their own experience, but not in a way that detracts from other's ability to do the same.

Play the Video

Once you press play, the experience begins. It will help the students if they see the teacher participating and modeling the behavior in the video. Feel free to stop the video if you would like to give them a little extra time for their deep relaxation or for their meditation.

You may want to invest in eye pillows or blankets to make the most of the relaxation.

The Adi Mantra “Ong Namo Guru Dev Namo”

The Adi Mantra is a group of ancient words that mean “I bow to the teaching force outside of myself, and the teacher within.” It is used at the beginning of each session as a way to tune in to one's inner Self and more deeply center oneself. Although many people come to enjoy the way it feels when they vibrate these sounds, some people will feel uncomfortable with it. It should be offered as an option. Everyone is invited to experience tuning in in this way, no one is forced. Sometimes students need to listen to it a few times before they feel comfortable making the sounds. Ultimately you may experience it as a way of opening a different type of space for you and your students~ a space that is full of peaceful feelings, inner connection and inner knowing.

The Sunshine Song

The Sunshine Song is an Irish Blessing that is sung at the end of yoga class as a way to close the special space of our practice and to think about sharing our good feelings with others. The video will generally encourage students to think of someone they love, someone they miss, or someone who is having a hard time and send the words to them as a way to uplift them. This can often prompt students to walk to talk about things that are weighing on their hearts, like the death of a family member or pet. It can stimulate a very rich sharing session if you ask after the class if people want to share who they dedicated their sunshine song to. This can also be used if

anyone in the class is having a birthday, or if anyone in the class is having a hard time. One of the inner lessons of yoga is learning how to strengthen our practice of desiring good things for others. We can also imagine having a simultaneous experience of our individual self, the group of which we are a part, our world, and our universe.

Special Note about the meditation “Alternate Nostril Breathing”

This breath is an excellent way to calm and center oneself. At this age, most kids will be able to distinguish between their left and right side. Sometimes one nostril will be clogged-making this exercise difficult. Encourage them to do their best and find a way to have the breath come in to where they are getting enough air. This may feel a little hard to coordinate, but once it is established, it is very effective.

Short Hand Version Once you’ve done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video you might enjoy doing the Lion’s Breath, the Archer Pose, and the Breath of Fire with Victory Arms.

Key Phrases

I am at home in my center. I am safe. All is well.

Super Power

When we are calm and centered we can be present with what is going on, yet remain connected to inner self and inner knowing. Being able to return to a calm state keeps us feeling good and contributes to long term physical and mental health.

When to use it

When everyone feels scattered, tightly wound, anxious, stressed or unfocused.

How Long

30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Physical postures, breathing exercises, stress release and relaxation techniques, guided imagery and meditation all bring the benefit of enhanced health and wellbeing. This involves greater physical flexibility, a more comfortable back, stronger and more balanced immune, digestive, eliminative, nervous and glandular systems. The resulting effect of balancing the body’s systems in this way leads to greater calmness, clarity, creativity, improved concentration and a working understanding of the mind/body connection.

Session 2: I am Grounded and Aware!

What it is

This short yoga session is a complete package for mind, body and spirit balancing which includes conscious breath work, physical postures and exercises, deep relaxation and meditation. Students will begin by centering themselves and end in a special way that allows them to dwell in their connection to themselves and to share their good wishes with others. This particular session allows students to dwell on the qualities of being calm and centered.

How to do it

You may want to start by sitting in a circle or any way that will put students at ease. Then brainstorm with the students about the qualities of being “grounded” and “aware”.

Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture?

You may choose to share the following definitions & ask the students what is their favorite.

Grounded is a feeling that we have when we feel supported by the earth and remember who we are. When we are grounded we use our senses and have a good way of taking in our environment when we make decisions. The support we feel gives us strength.

Grounded goes with being calm. You can feel your Self. We can feel this in tree pose.

Aware is a state when we know what is happening both inside and outside of ourselves. Inside we have thoughts, feelings and sensations. Outside there is weather, other people and things we need to do and respond to. Awareness lets us see and feel the big picture, like an eagle flying high up and looking down on all that is happening. It helps us choose actions that are kind, respectful and fair. We can feel this when we listen to our senses.

Before you play the video

Encourage each child to find a place on the floor away from others. Space allowing, you could have students sit at an arm’s length from other students.

Yoga mats are a great way to give students a sense of their own space. Use cues like, “watch your personal space,” or “notice how close you are to your neighbor.” Little pillows or bolster can help make sitting on the floor more comfortable.

Encourage the students to follow along with the video, but make sure to listen to their body to make sure that everything that is suggested feels safe for their particular body to do. We don’t want any injuries!

Make sure students have a chance to use the bathroom and get some water before the session begins.

Play the Video

Once you press play, the adventure begins. It will help the students if they see the teacher participating and modeling the behavior in the video. Feel free to stop the video if you would like to give them a little extra time for their deep relaxation or for their meditation.

You may want to invest in eye pillows or blankets to make the most of the relaxation.

The Adi Mantra “Ong Namō Guru Dev Namō”

The Adi Mantra is a group of ancient words that mean “I bow to the teaching force outside of myself, and the teacher within.” It is used at the beginning of each session as a way to tune in to one’s inner Self and more deeply center oneself. Although many people come to enjoy the way it feels when they vibrate these sounds, it should be offered as an option. Everyone is invited to experience tuning in in this way, no one is forced. Sometimes students need to listen to it a few times before they feel comfortable making the sounds. Ultimately you may experience it as a way of opening a different type of space for you and your students~ a space that is full of peaceful feelings, inner connection and inner knowing.

The Sunshine Song

The Sunshine Song is an Irish Blessing that is sung at the end of yoga class as a way to close the special space of our practice and to think about sharing our good feelings with others. The video will generally encourage students to think of someone they love, someone they miss, or someone who is having a hard time and send the words to them as a way to uplift them. This can often prompt students to walk to talk about things that are weighing on their hearts, like the death of a family member or pet. It can stimulate a very rich sharing session if you ask after the class if people want to share who they dedicated their sunshine song to. This can also be used if anyone in the class is having a birthday, or if anyone in the class is having a hard time. One of the inner lessons of yoga is learning how to strengthen our practice of desiring good things for others. We can also imagine having a simultaneous experience of our individual self, the group of which we are a part, our world, and our universe.

Special Note about the meditation “Breath of Fire with Victory Arms”

This breath takes a little while to get the hang of. Make sure to let students know that it shouldn’t make them feel dizzy. If it does, they can stop and do long, slow deep breathing. The idea is to take equal amounts of air in and out of the body. The belly button works to pump the navel area to create a forceful sounding exhale. It’s a little like watching a dog panting on a hot day.

Short Hand Version

Once you've done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video you might enjoy doing the lion's breath, The Archer Pose, and the Breath of Fire with Victory Arms.

Key Phrases

When I am grounded, I am like a tree with deep roots in a strong wind. Outside factors cannot blow me over.
When I am aware, I know what's going on inside and outside of me.

Super Power

Being grounded gives us access to our strength. Being aware gives us access to our wisdom.

When to use it

When feeling scattered, hyper, or ungrounded.

How Long

30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Physical postures, breathing exercises, stress release and relaxation techniques, guided imagery and meditation all bring the benefit of enhanced health and wellbeing. This involves greater physical flexibility, a more comfortable back, stronger and more balanced immune, digestive, eliminative, nervous and glandular systems. The resulting effect of balancing the body's systems in this way leads to greater calmness, clarity, creativity, improved concentration and a working understanding of the mind/body connection.

Session 3: I am Energized and Strong!

What it is

This short yoga session is a complete package for mind, body and spirit balancing which includes conscious breath work, physical postures and exercises, deep relaxation and meditation. Students will begin by centering themselves and end in a special way that allows them to dwell in their connection to themselves and to share their good wishes with others. This particular session allows students to dwell on the qualities of being calm and centered.

How to do it

You may want to start by sitting in a circle or any way that will put students at ease. Then brainstorm with the students about the qualities of being “energized” and “strong”.

Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture?

This is a great topic to bring up sports or other outdoor physical challenges that the students might be involved in.

You may choose to share the following definitions & ask the students what is their favorite.

Energized is a feeling of being awake and alive. I have the energy for the tasks that come my way. I sit and stand with good posture that shows my confidence. I'm in touch with my own power and can do what needs to be done.

Strength is something positive that grows in our body, mind and spirit. If we practice lifting heavy items, soon it will become easy for us. If we practice being kind to others, that will soon be easier too. If we practice standing for what we believe in and speaking our truth, that will get easier too. A strong person has courage and can withstand challenges. We can be strong and soft at the same time.

Before you play the video

Encourage each child to find a place on the floor away from others. Space allowing, you could have students sit at an arm's length from other students. Yoga mats are a great way to give students a sense of their own space. Use cues like, “watch your personal space,” or “notice how close you are to your neighbor.” Little pillows or bolster can help make sitting on the floor more comfortable.

Encourage the students to follow along with the video, but make sure to listen to their body to make sure that everything that is suggested feels safe for their particular body to do. We don't want any injuries!

Make sure students have a chance to use the bathroom and get some water before the session begins.

Play the Video

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Special Note about the meditation “Breath of Fire with Victory Arms”

This breath takes a little while to get the hang of. Make sure to let students know that it shouldn't make them feel dizzy. If it does, they can stop and do long, slow deep breathing. The idea is to take equal amounts of air in and out of the body. The belly button works to pump the navel area to create a forceful sounding exhale. It's a little like watching a dog panting on a hot day.

Short Hand Version (Everybody's got a job)

Once you've done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video you might enjoy doing the lion's breath, The Archer Pose, and the Breath of Fire with Victory Arms.

Key Phrases

I can meet any challenge. I have what it takes. This is my space and my power.

Super Power

Doing this yoga set helps us to feel our own power. Our strength and courage can withstand challenges. We can learn to be strong and soft at the same time.

When to use it

When students are feeling tired, sluggish or sleepy. It is also good for when it is time to learn something new or face a challenge. This is a great set if you want to motivate students to strive for their best.

How Long

30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Sun Salutation is one of the most ancient and integrated exercise programs around. It is unique in the sense that it strengthens all major muscle groups, massages all the internal organs, supports lymph drainage from every part of the body, and enlivens the energy centers of the body. This exercise increases blood flow and circulation, conditions the spine, and improves flexibility of the joints. Grace, suppleness, as well as physical stability are the natural result arising from daily practice.



K E N A I P E N I N S U L A

Our mission at Project GRAD Kenai Peninsula (PGKP) is to impact generational change by enhancing the educational experience of underserved Alaskan students. With respect for culture, we support students as they become empowered: lifelong learners who graduate from high school, prepared to smoothly transition, and realize their post-secondary goals.

PGKP is committed to equitable education for ALL students, regardless of their race, ethnicity, socioeconomic status, gender, sexual orientation, identity, and beliefs.

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