Month: March 2020- Lesson 12

Theme: Healthy Mind and Body

Objective of lesson:

1. Complete yoga poses with increased fluidity
2. Focus on proper form of the poses

Activities and Key learning points

Red (Center based program)

1. Benefits of yoga and deep breathing
2. Breathing through the diaphragm 3 times
3. 3- minute body scan meditation-video
   1. Understand the different sensations (cold, warm, tense, relaxed) that one might be feeling in different areas of the body.
   2. Recognize different body parts and their position against the body.
4. Cat/Cow deep breathing pose
5. Complete yoga sequence with better fluidity and form
6. Recall favorite yoga poses learned
7. Recall benefits of deep breathing and yoga

Blue (Center/community based programs)

1. Benefits of yoga and deep breathing
2. Breathing through the diaphragm 3 times
3. 3- minute body scan meditation-video
   1. Understand the different sensations (cold, warm, tense, relaxed) that one might be feeling in different areas of the body.
   2. Recognize different body parts and their position against the body.
4. Cat/Cow deep breathing pose
5. Complete yoga sequence with better fluidity and form
6. Recall favorite yoga poses learned
7. Recall benefits of deep breathing and yoga

Green (Community Based)

1. Benefits of yoga and deep breathing
2. Breathing through the diaphragm 3 times
3. 3- minute body scan meditation-video
4. Understand the different sensations (cold, warm, tense, relaxed) that one might be feeling in different areas of the body.
5. Recognize different body parts and their position against the body.
6. Cat/Cow deep breathing pose
7. Complete yoga sequence with better fluidity and form
   1. Can be completed at a gym or in the community
8. Recall favorite yoga poses learned
9. Recall benefits of deep breathing and yoga

Supplies needed

1. Power Point
   1. <https://docs.google.com/presentation/d/1xMEWSCwoe4H9A35JfwOly_MaghIx2-2NxEvty32_cWs/edit?usp=sharing>
2. A print out of the power point if out in the community
3. Yoga mats
4. Seats

Environment  
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Set up environment to be more relaxing for the individuals.

* Dim the lights
* Provide relaxing music via Google Home, Alexa, or link

<https://www.youtube.com/watch?v=8esCtG861mY>

* Use a relaxing scent in a diffuser such as lavender, chamomile, peppermint.

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. (Manager Inputs)