Month: March 2020- Lesson 10

Theme: Healthy Mind and Body

Objective of lesson:

1. Learn the benefits of yoga and mindfulness.

2. Learn to apply techniques to daily life.

3. Recognize when your body is tense or stressed.

4. Begin to learn key yoga poses, Slides 1-12

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. Addition of new yoga poses
   1. Add slides 7-12 as part of the routine to build on the deep breathing
6. Recall one new yoga pose learned

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. Addition of new yoga poses
   1. Add slides 7-12 as part of the routine to build on the deep breathing
6. Recall one new yoga pose learned

Green (Community Based)

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. Addition of new yoga poses
   1. Add slides 7-12 as part of the routine to build on the deep breathing
   2. Can be completed at a gym or in the community
6. Recall one new yoga pose learned

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)