

# Introduction to Yoga

**YOGA for SCHOOLS** – this program meets VELs standards & enhances emotional intelligence suitable for Year 10 DP program teaching stress management to students at your school.

## Outline:

Teaching skills in stress management our programs focus on simple techniques to reduce the impact of stress bringing peace of mind. Students will experience benefits during the session.

**Areas covered** – What is stress, how does stress impact on us, and how to manage stress. Students will learn the benefits of breathing with awareness, deep relaxation and meditation.

## Session:

- **Stress – what is it?** A little stress in our lives is actually good for us. It can motivate us and trigger that 'flight or fight' response, providing an extra surge of energy to explore new horizons and face challenges – what can we do when you have too much stress....
- **Gentle stretches** – that can be done at a desk or in an office environment
- **The Power of the Breath** – breathing with awareness and being in the present moment
- **Guided Relaxation** – yoga nidra
- **Meditation**
- **Question time**

A maximum of 35 students per class.

## Learning outcomes:

Students will expand their self awareness, learn skills in relaxation, stress release and stress management to enhance their wellbeing.

## Course prerequisites & level of proficiency required:

This session is suitable for all fitness levels.

## Student requirements:

Please wear loose clothing, do not eat a large meal within 1 hour before a class – do not drink before class other than a few sips.

## Venue requirements:

A large carpeted room would be ideal with enough space for students to be able to lie down on the floor and a chair for each student to sit on.

*Yoga for Schools programs are suitable for students and teachers.*



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I look forward to supporting your school in achieving a greater sense of wellbeing.

Regards, Amanda

