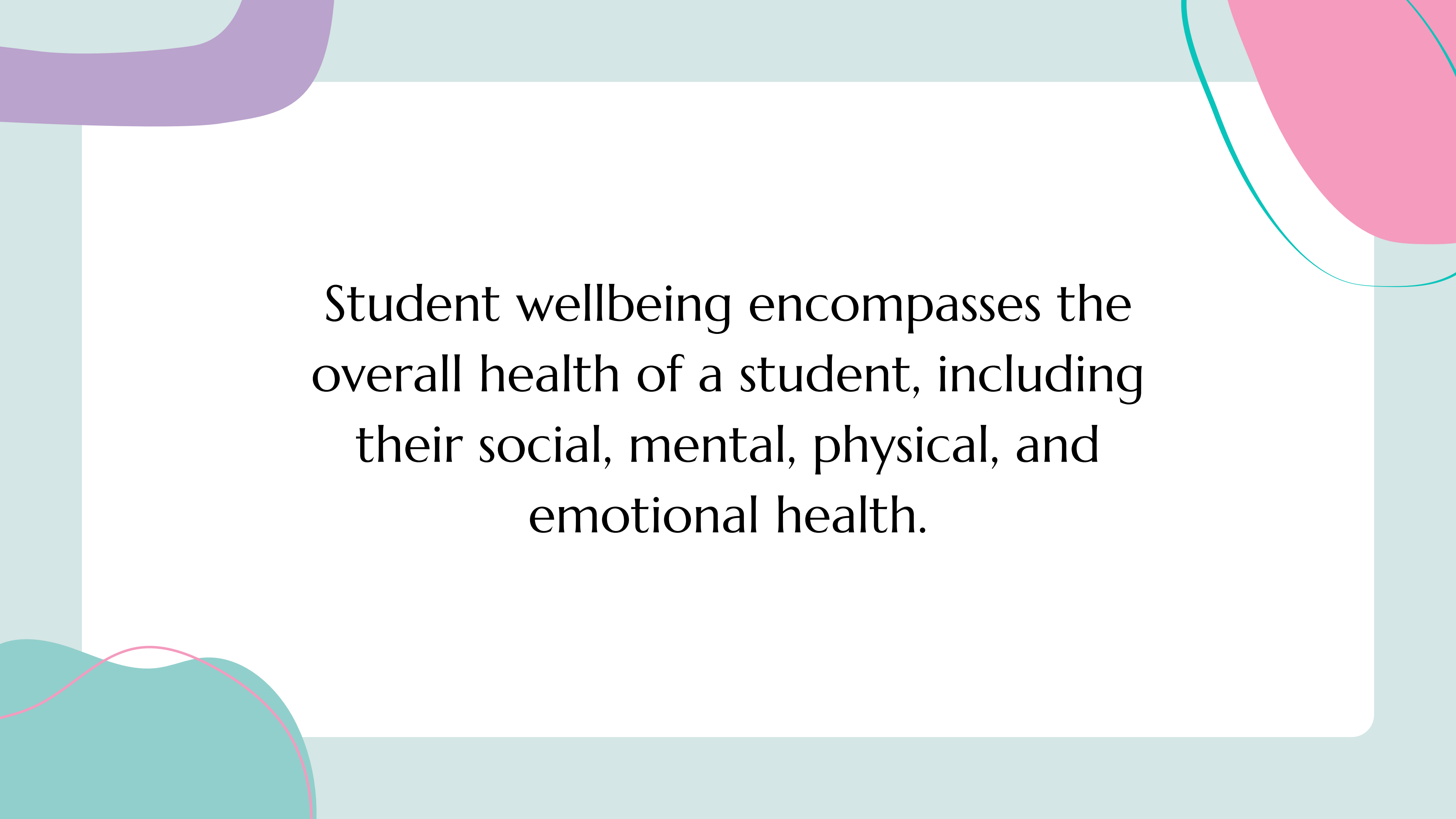
The background features a teal color with abstract pink and purple shapes. On the left, there is a large pink shape with a teal outline and several horizontal purple lines. On the right, there is a pink shape with a purple outline. The main text is centered on a white rounded rectangle.

Wellbeing for Secondary Schools

Young OneYoga



Student wellbeing encompasses the overall health of a student, including their social, mental, physical, and emotional health.

Amazing Benefits Of Yoga

1. Improved Physical and Mental Health
2. Better Concentration
3. Reduced Stress
4. Increased Motivation and Productivity
5. Better Sleep Quality
6. More energy and brighter moods

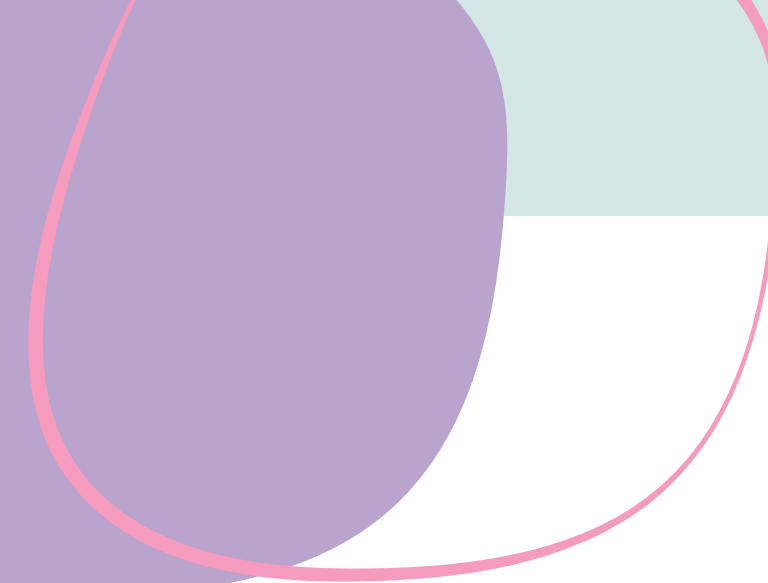
Breakdown Of A Yoga Class

Breathing &
Warm-up

Standing Poses

Cool-
down/Stretch

Relaxation



Breathing & Warm-Up

Breathing

Full Breathing
3-Part Breath
10 Breaths
Breath & Body Scan

Warm-Up

Open Up The Body
Move The Spine In 4 Directions
Turn On The Core
Prepare The Body For The Standing Section

Stages Of The Warm-Up

Seated Poses
Lying Down Poses
All-Fours Poses
Working Your Way Up To Standing Poses

Standing Poses

Sun Salutations A & B
Warrior Poses - I, II, III, & IIII
Triangle Pose
Twisted Lunge
Extended Side Angle
Tree Pose
Half Moon Pose
Eagle Pose



Cool Down/ Stretch

On The Floor / Seated

Seated Forward Fold
Janu Sirsasana - One Leg Forward Fold
Butterfly Pose
Wide Leg Forward Fold
Wide Leg Side Stretch
Seated Twist
Boat Pose

On The Floor / Lying Down

Bridge Pose
Hamstring Stretch
Cross Body Twist
Full Twist
Shoulder Stand
Fish Pose

Benefits Of Relaxation

The reason we practice the physical part of yoga is to prepare our bodies for relaxation.

Allows the mind and body to connect which reduces stress and muscular tension

Stimulates the digestive system and boosts the immune system.

Helps to restore the body's natural temperature, stabilise the nervous system, and bring the breath rate to its natural rhythm

How To Incorporate Yoga/Mindfulness Into P.E Classes

Use a Yoga Based warm-up as your warm-up for other sports/P.E lessons

Start each P.E lesson with a mindful minute of breathing - sets the tone for the beginning of the class as well as encourages more oxygen into the body and into the muscles, better preparing the body for exercise.

The breathing exercises can also be used to reset a class if the energy is becoming out of control. It's a great brain break.

Offering yoga classes on the timetable is the perfect opportunity for students who are not "Sporty" to find something that they like to do which is non-competitive.

Using a cool down/stretch at the end of each class allows the body to cool down & the muscles to stretch out to prevent injuries and again create a moment of mindfulness within each class.



Thank You!

Do you have any questions for me before we go?

