



1. **Ask the principal to have the teachers fill out the teacher sign-up sheet the week before you go to the school. (attachment #1). The teachers should have that ready for you when you come the first day.**
2. **In the classroom: Play Track One (2:00). Intro. (will take about 4 minutes total) There's a spot in the CD track that allows you to pause and chat with the kids about yoga, so take a minute or two and do that. Track one ends with "Who wants to lead a break?" so pick 2 kids to help lead #1 below.**
3. **Play Track 13 – pretest break #1 (2 minutes)**
4. **Get Ready for the Week. Ask the teachers to write the days of the week on the board, and then the two students you for each day -- and you pick a track this time.**  
  
**So ask the teacher to write: Monday: Luis and Ashley #1 (this saves time if the teacher writes it, they know the kids and how to spell the names. It gets the teacher involved). Do this EACH week.**
5. **Post the Handout of Poses (maybe mount on colored paper or laminate...) on the classroom door. (ask teacher if it's okay)**
6. **Leave the CD. Tell the students you look forward to hearing how they like yoga the next week.**

**It really has to be only 8 minutes or less (you need to make it to the next room, have a student show you if you aren't sure so you spend extra time looking) ... so keep track of your time!**

**Have Fun! NAMASTE!**



## Five Minute Classroom Yoga Breaks:

- ✓ Calm down
- ✓ Perk up
- ✓ Focus and concentrate
- ✓ Relieve stress and build teamwork
- ✓ Be more positive about learning
- ✓ Smile!

Hi Teachers,

Thanks for participating in our program. To ensure that everyone gets the full benefit of yoga, we'd like to offer the following agreement between you and our certified GreenTREE Yoga teachers.

1. GreenTREE Yoga will come to the classroom once a week for 6 weeks and do a 5 minute yoga break.
2. GreenTREE Yoga will identify the student leader (s) for the week who will lead two 5 minute breaks from the CD during that week.  
For example: Track #7: Open the Day (Devon/Erin)  
Track #8: After Lunch (Cameron/Luis)
3. Teachers will allow time for the students to do those 5 minutes breaks each day.
4. Teachers will let GreenTREE Yoga know if the class will not be available the following week. (thanks!!)

Teacher Signature \_\_\_\_\_

Please give this paper to the GreenTREE yoga teacher on the first day. Please contact me at 801-656-7885 or [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net) with any questions, feedback, or concerns. We always are looking for ways to make the program better fit your classroom needs.

Thanks again for being a part of this program!

Yael Calhoun



## SIGN UP SHEET FOR CLASSROOM YOGA BREAKS

You don't have to move furniture, clear off desks, or take off shoes! Just pause and take a break (you get one too!)

Day of the Week \_\_\_\_\_

Program runs from (dates) \_\_\_\_\_ to \_\_\_\_\_ 2011

Teacher, Grade, and Room #

\_\_\_\_:00 \_\_\_\_\_

\_\_\_\_:10 \_\_\_\_\_

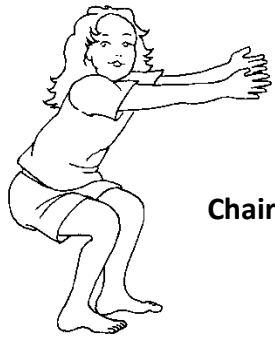
\_\_\_\_:20 \_\_\_\_\_

\_\_\_\_:30 \_\_\_\_\_

\_\_\_\_:40 \_\_\_\_\_

\_\_\_\_:50 \_\_\_\_\_

Each week you will have a yoga teacher come to your room for a 5 minute break. And you agree to do yoga break from the CD each day. Students will lead the break! It's easy and fun.



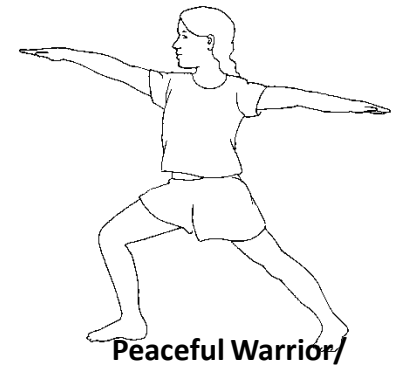
**Chair Pose**



**King Dancer**



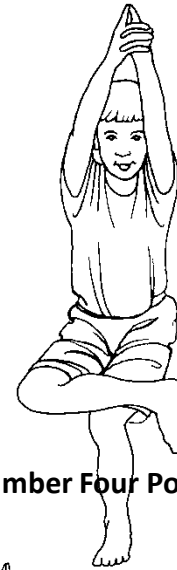
**Back to back breathing**



**Peaceful Warrior/  
Snowboarder**



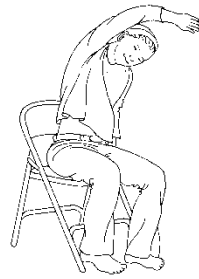
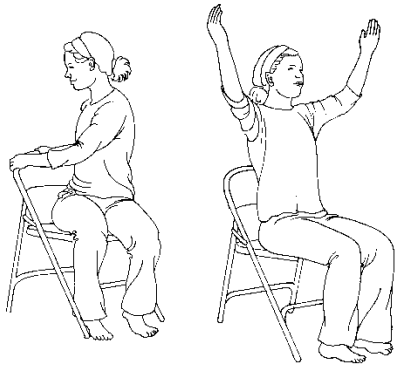
**Eagle**



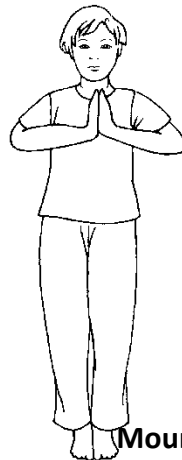
**Number Four Pose**



**Seated Twist**



Illustrations by Carol Coogan  
From *Create a Yoga Practice for Kids* by  
Yael Calhoun (Sunstone Press)  
[www.greentreeyoga.org](http://www.greentreeyoga.org) for free  
Yoga materials and to order books and  
dvds for kids yoga.



**Mountain Poses**



**Tree Pose**



**Star/Snowflake**