



# **Yoga for You: A Curriculum Guide to Lifetime Health and Fitness for Teens in Grades 7-12**

**A Manual, DVD, and CD: 5, 10, and 15  
Minute Yoga Exercises**



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**\$49.99**

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## Yoga for You: A Guide to Lifetime Health and Fitness for Teens

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**DVD and CD Tracks:**

1. Introduction (3:27)
2. Flexibility/Balance: Warm Up 1 (4:28)
3. Flexibility/Balance: Warm Up 3 (4:42)
4. Flexibility/Balance: Warm Up 4 (8:46)
5. Core Strength: Boat Poses and Flow 1 (7:24)
6. Cardio Flows 1-3 (8:31)
7. Stress Management/Relax (5:30)
8. Stress Management/Relax (4:04)
9. Partner and Group/Team (7:33)

## **I. F. Does Yoga Fit Into the Core Curriculum?**

- The Secondary Physical Education Core Curriculum states that there has been a shift from team sports-dominated programs to a Lifetime Activity format with connections to community resources. The primary goal of the PE program is that students "develop attitudes, skills, and behaviors to empower students to live healthy, productive lives." Yoga is a personal life style tool for healthy living. (6)
- Character education is reflected in the National/State Core Physical Education Standards. Behaviors included are perseverance, safe practices, adherence to rules, respect for self and others, cooperation and teamwork, ethical behavior in sport, and respect for individual similarities and differences through positive interaction among participants in physical activity. Yoga is consistent with each of these goals.
- The Academic Service-Learning component, designed "to promote students' personal and social development, as well as introduce them to civic responsibility, community service project ideas" reflects a dimension of yoga philosophy of service to the community.



**Yoga: Social Interaction and Respect for Others**



I. A. Purpose:

This Guide is designed to provide you with:

1. An easy-to-use guide on how to incorporate yoga exercises into all aspects of your existing PE program **to meet the National/State Physical Education Core Curriculum** requirements. Please note that some states, like Utah, have standards that match the National PE Core, while others closely follow them;
2. Yoga exercise segments, from 5 to 20 minutes, to mix and match with any PE unit: including all team sports, aquatics, weight training, outdoor adventures (skiing, snowshoeing, rock climbing); dance; aerobics, rowing, archery; and,
3. A guide to develop and to strengthen your own personal health and fitness program.

The **manual**:

1. Presents detailed descriptions and photographs to show you how to do yoga exercises and sequences;
2. Identifies how each section fits the National PE Core Curriculum;
3. Outlines ideas on how to fit these exercises/relaxation techniques into your existing units; and,
4. Includes:
  - Pose Description/Photographs
  - Modifications
  - Challenges
  - Cautions
  - Anatomical and Physiological Benefits

The **DVD** provides demonstrations and cues for the selected yoga exercises presented in the manual.

The **CD** is the audio of the DVD. Play the DVD and the CD to learn the flows or play them to do with your students.

## I. B. Some Common Questions from Teachers:



### 1. I don't know any yoga, so how can I teach this?

This guide is to help you become comfortable with a few yoga exercises to use in your class.

This guide will not make you a yoga teacher – but you can introduce students to some basic ideas about yoga, a powerful piece of any personal fitness program. And from there, students can explore on their own, perhaps bringing ideas back to your class to share.

### 2. Why would I want to teach some yoga exercises?

Yoga is a great way to help students (and yourself) decrease stress; strengthen muscles; lose weight; increase balance and flexibility; and reduce injuries. It also adds a new dimension to the fitness program.

### 3. I am not as flexible as I used to be. So how can I teach yoga exercises?

Good question! You actually are the perfect person to introduce your students to yoga because you will be a living example that you do not have to be a thin, flexible pretzel person to get the benefits of yoga.

### 4. How do I begin?

Start small – a short flow or a couple of exercises.

### 5. How do I remember it all – it's so new to me.

It was new to all of us at one point. Feel free to keep the manual in front of you or to put some notes on a clipboard. Students always like to see you have a plan.

And more importantly, they like to see that you are willing to try new things to keep your class interesting.

**Smile**



**Breathe**

**6. What's the most important thing to remember?**

That's easy -- Keep your sense of humor and sense of play. Do what you feel comfortable demonstrating and talk them through the rest. Chances are a student could demonstrate.

Some students either will know yoga or definitely be able to follow your verbal cues. This approach helps keep the students interested and involved.

**If it hurts, don't do it!**



## I. C. What is Yoga?

Yoga is an activity that strengthens both the body and the mind.

Yoga is not a religion. Yoga is an art and science that is thousands of years old. Yoga has many benefits. (1)

Yoga:

- Engages people in physical exercise;
- Builds self-confidence through an individualized approach to ensure students of all abilities succeed;
- Teaches various methods of stress reduction & relaxation;
- Develops concentration and focus;
- Builds trust and positive feelings among group/team members
- Fosters creativity, exercises the imagination; and,
- Improves the learning environment.

*In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.*

~ [Albert Schweitzer](#) (1875-1965)

II. A. Warm Up 1:

1. Mountain Pose to
2. Forward Fold to
3. Mountain Pose to
4. Crescent Moon to
5. Chair Flow to Mountain Pose



1. Mountain Pose

2. Forward Fold

**A. 1. Mountain Pose:** Stand with your feet hip width apart (outside of the hips line up with outside of the feet), hands at your side. Stand tall to stack or align your bones. Inhale and extend the arms up past the ears. Press your feet firmly down as you feel the stretch start from under the ribs. Spread the fingers to keep the arm muscles engaged as you reach higher.

**A. 2. Forward Fold:** Exhale the arms out to a "T", taking a generous bend in your knees and fold forward. You can press the palms gently into the tops of the shins (and the shins press back into the palms, so there is no visible movement) or the fingers can touch the floor.

**A.3. Mountain Pose:** Inhale as you roll the spine up into Mountain Pose.



**A. Anatomical and Physiological Benefits:**

**Note:** This flow begins to increase heart and respiratory rates and slowly stretch large muscles.

Stretches: erector spinae; hamstrings; latissimus dorsi;  
gastrocnemius and soleus; deep hip flexors

Strengthens: postural muscles

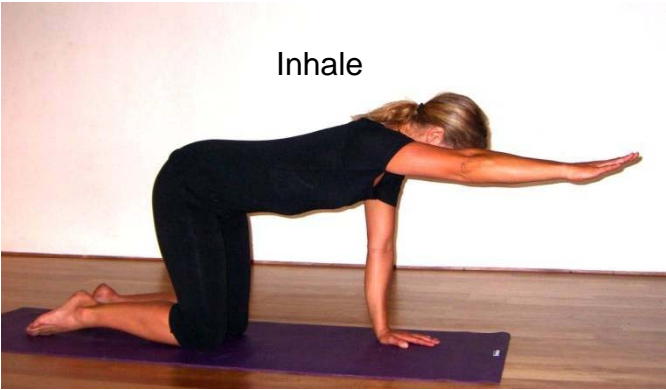
Aligns: long bones and vertebrae for correct posture

*See pages 112-113 for a review of major muscles.*

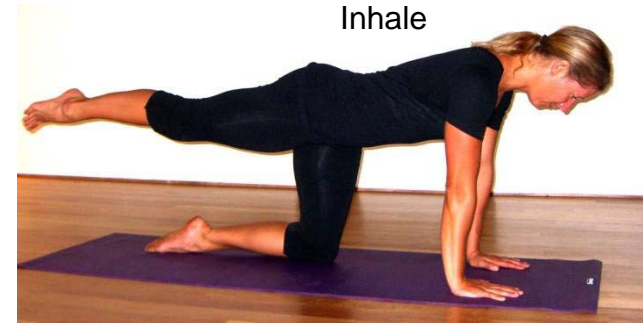
**D.2. Balancing Modifications**

a. Extend only one arm or only one leg, and as you exhale, draw the arm or leg into the chest.

a.

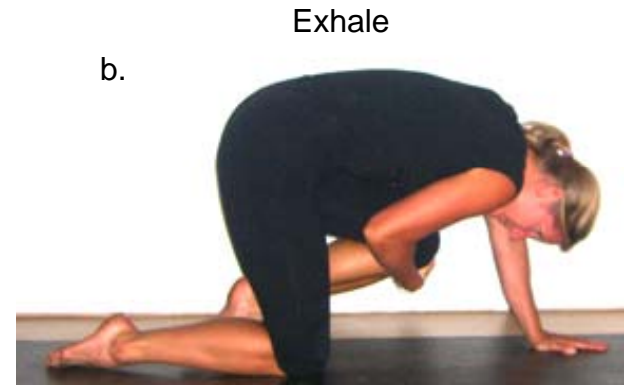


Or



b. Keep the hand on the outside of the knee as you draw the leg into the chest.

b.



**V. A. Cool Down/Relaxation 1: (1) Seated Breathing to (2) Seated Twist to (3) Lying Down Twist to (4) Seated Breathing**

**A.1. Seated Breathing:**

a. Sit cross-legged in a comfortable seat. Press your palms gently against your knees and take a deep inhale as you shrug your shoulders toward your ears. As you breathe out, let your hands rest on your knees, palms up, and let your shoulder blades (scapula) relax down your back.



1.a. Seated breathing



b. Inhale, sweep the arms up, and exhale the arms back down. Now do this in slow motion, lifting the arms on the slow inhale and lowering the arms on the slow exhale.

Repeat.

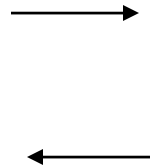


1.b. Seated Breathing Inhale

## **B.2. SOLA Circle Rockette Kick**

**Note:** This pose is excellent for building length and strength in both of the legs. It also builds teamwork, leadership, balance, and mental clarity.

### **Yoga: Leadership and Mental Clarity**



**SOLA Circle Rockette Kick Forward**

To make a coordinated flow, while developing leadership skills and teamwork skills, have a designated leader call out a direction for all to kick their legs, first to the front, then to the left, to the right, or to the back. Expect a lot of giggling and laughter during this pose.

a. While in SOLA Circle, have each person stand on the left leg and put his arm's around the shoulder of the person on either side. Each person will then kick the right leg out as high as he can and hold the pose for 2 breaths. All toes point to the middle of the circle.

## VII. Journaling/Community Involvement/Research: Fitness for Life and Individualized Lifetime Activities

- A. How to Journal
- B. Community Resources and Involvement
- C. Researching Yoga



One of the requirements for both the **Fitness for Life** (Grades 9-12) and the **Individualized Lifetime Activities** (Grades 9-12) (see pages 21-22) is that students have assigned reading and writing activities, which can include keeping a written journal.

A common practice among those who do yoga is to keep a yoga journal. Journaling works well for yoga for two strong reasons.

1. Yoga is a science, and science is based on observation of data that is collected through the senses. Yoga stresses awareness of the body and the mind, giving a person many observations to record in a journal.
2. Yoga is also an art, an expression of individuality, feelings, and ideas. (13) So a person can find another type of expression about yoga through the process of journaling.

The following are some ideas on how to jump-start the process of your journaling. Once people get comfortable with the format and see their journals begin to evolve, it becomes a process some will continue as part of their lifetime and health fitness programs.

To meet the Core Requirements, journaling can be done in three areas:

1. **After the Yoga Exercises or Practice.**
2. **Community Resources and Involvement**
3. **Research**

### A. How to Journal

Give the students a sheet with the following ideas to tape in the back of their journals. They can then refer to the format. For “**Fitness for Life**” and “**Individualized Activities**” (see pages 21-22), include each of these three areas.



PE UNIT	Yoga Sections
9. Lifetime Fitness/ Health Fitness	Balance and Flexibility: Warm Up 2 (p. 28) Cool Down C (p. 87) Journaling/Community (p. 98)
10. Outdoor Winter Sports	Balance and Flexibility: Warm Up 4 (p. 36) Core (p. 50) Cool Down A (p. 80)
11. Track and Field	Balance and Flexibility: Warm Up 4 (p. 36) Cardio (p. 62) Cool Down B (p. 84)
12. Weight Training	Balance and Flexibility: Warm Up 1 (p. 24) Core (p. 48) Cool Down C (p. 87)

## F. About GreenTREE Yoga



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GreenTREE Yoga is a 501c3 nonprofit charity with a mission to bring the healing and strengthening benefits of yoga both to young people and adults of all abilities, sizes, shapes, and ages in a variety of settings. GreenTREE Yoga has become a part of our community by working with a diverse group of organizations and individuals to fulfill our dream that "Yoga for You" is a reality. Our yoga programs serve teachers, students (grades K-12); alternative schools, athletes, prisons and juvenile facilities, programs for the disabled, and various community programs.



Yoga builds teamwork



Yoga builds confidence

Add **GreenTREE Yoga** to your school and add an energizing, fun new dimension. Yoga fits the National/State PE Core Curriculum and helps meet State PE goals. **GreenTREE Yoga** can:

- Provide weekly after school programs for students/families or staff
- Work with PE teachers to teach yoga exercises/units
- Provide a yoga program for high school athletes
- Present a 15 minute program at a teachers' meeting showing how to use a "5-minute" classroom yoga break

Visit our website, [www.greentreeyoga.org](http://www.greentreeyoga.org), for more information on our programs and our various products – books, CD, DVD, and more. Email us at [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net). We'd love to hear from you!