

SCPE Yoga Class

Motivation Monday	Mindful Teen Tuesday	Workshop Wednesday	Thankful Thursday	Easy Flow Friday
Movement with flow and motivation	Mindful Teen or Workbook Workday	20-25-minute Warm-up Yoga flow	Heart opening Yoga Flow	Power Flow Yoga
Mindful Movement with affirmation or Intentions	Book Reflection and Discussions	Workshop poses- Teacher/student led workshop	Journal entries and discussion	Slow Flow, Restorative or Yin
			Gratitude	Body Scans

Class Requirements:

- 1) Students will purchase their own yoga mat and keep it locked up in the equipment cage in the old gym.
- 2) Purchase and read the book: *The Mindful Teen* OR if you are taking yoga for the second time you will need: *The Stress Reduction Workbook for Teens* by Gina M. Biegel. We will read IN CLASS on Tuesdays.
- 3) Keep all journal entries in a personal journal brought to class each day.
- 4) Final Project: Create and teach a 40-minute flow sequence, including music with a partner.
- 5) Participation, effort and appropriate dress = 75% grade
- 6) Projects, written journals, and assessments = 25% of grade
- 7) Successfully demonstrate: Sun A, Sun B, warrior poses, balance postures and grounding poses.

YOGA Etiquette and Expectations:

- 1) Absolutely no talking or disruptions during yoga or mindfulness activities.
- 2) Focus on personal practice and don't compare yourself to others. Focus on personal needs, growth and empowerment. NO JUDGEMENT.
- 3) Be on time with your yoga mat, block and strap. WE WILL START 5 MINUTES AFTER LATE BELL. If you arrive late or need to leave early, do so QUIETLY without disruption of the class.
- 4) Dress yoga appropriately-Yoga attire=yoga pants/sweats (not short shorts) and no socks.
- 5) Take your clothes home at least once a week to wash and use proper personal hygiene.
- 6) You will get out what you put into this class! Be OPEN to POSSIBILITY. Be a YES. Remove whatever roadblocks are in the way. And come from the place: You are READY NOW! And Enjoy your JOURNEY into POWER...

