



Yoga in Your School: Exercises for Classroom, Gym, and Playground

Teressa Asencia

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Dozens of simple, yoga-based exercises tailored for daily classroom use fill this educator's resource. Each featured posture or breathing technique can be practiced in as few as three minutes, so that they can be inserted into the regular school day as needed or combined to create longer sequences for physical education classes, playgrounds, athletic/recreation centers, camps, and dance schools. The simple movement exercises develop concentration, improve motor skills, and boost strength, flexibility, and balance as they enhance relationships and inspire a joyful and effective learning process. Additionally, breathing exercises expand lung capacity and increase endurance as they energize and harmonize body and mind. By taking a few moments to stop between activities to lead students in these breathing and stretching exercises, teachers can inspire a calm, harmonious, and centered classroom.

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