

Yoga Curriculum 2007-2008

| Month | Concept | Poses |
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| September | <ol style="list-style-type: none"> 1. Concentration through breathing exercises 2. Meditation 3. Warming up at the beginning of each class | <ul style="list-style-type: none"> • Breathing poses: half-lotus, Spinal Twist • Meditation: Relaxation at the start and end of class • Stretches: Begin Yin Yoga String (1) |
| October | <ol style="list-style-type: none"> 1. Continue to learn breathing techniques 2. Endurance through poses that students already know | <ul style="list-style-type: none"> • Conclude Yin Yoga String • Work on specific poses for longer periods of time |
| November | <ol style="list-style-type: none"> 1. New breathing techniques 2. Learning to open the heart 3. Practicing Posture | <ul style="list-style-type: none"> • Sun Salutations (2) • Begin Classic String (3) • Focus on spine during mountain and half-lotus |
| December | <ol style="list-style-type: none"> 1. Practice Yoga at home 2. Learning the use in everyday life: students create their own strings with previously learned poses | <ul style="list-style-type: none"> • Have students partner up and make new strings • Create personal cards to bring home based on a stick-figure chart |
| January | <ol style="list-style-type: none"> 1. Learn endurance and flexibility 2. Practice holding same poses for longer periods of time 3. Increase awareness of body | <ul style="list-style-type: none"> • Complete classic string • Review meditation techniques again • Learn peace in mind/body |
| February | <ol style="list-style-type: none"> 1. Balance in our bodies 2. Begin a new string of poses to increase strength and peace | <ul style="list-style-type: none"> • Begin pieces of balance string (4) • Learning to maintain balance (center mind and stare straight ahead, etc.) |
| March | <ol style="list-style-type: none"> 1. Continue with balance to promote strength, endurance, and flexibility 2. Honing techniques in already learned poses | <ul style="list-style-type: none"> • Continue the balance string • Complete mind/body/spirit centering |
| April | <ol style="list-style-type: none"> 1. Yoga in life: the effect of Yoga on other areas of life 2. Yoga and Sports: Sports-specific yoga techniques | <ul style="list-style-type: none"> • Yoga and Soccer String • Yoga and Running String |
| May | <ol style="list-style-type: none"> 1. Yoga and Sports: Learning strings that actively engage parts of the body used in sports 2. Understanding the importance of Yoga in other activities | <ul style="list-style-type: none"> • Yoga and Basketball String • Students choose final sport |

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- (1) Yin Yoga String: Half-lotus, Spinal Twist, Seated Backbend, Neck Stretch, Pulley and Wheel for arms, Pulley and Wheel for legs, Seated Backbend, Head to Knee, Spinal Twist, Candlestick, Knees to Chest, Bridge, Relaxation



Figure 1: Head to Knee

- (2) Sun Salutation: Mountain, Inhale to Half-backbend, Exhale to Arms straight overhead, Forward Fold, Open Heart, Exhale out, Monkey, Exhale to Forward Fold, Inhale to Mountain
- (3) Classic String: Mountain, Sun Salutation, Forward Fold, Downward-Facing Dog, Yoga Push-up, Cobra, Tabletop, Dog and Cat Stretch, Warrior I, Warrior II, Triangle, Twisty Triangle, Bridge, Corpse
- (4) Balance String: Mountain, Sun Salutation, Forward Fold, Downward-Facing Dog, Yoga Push-up, Cobra, Tabletop, Dog and Cat Stretch, Chair, Forward Fold, Warrior III, High Knee, Tree, Dancer, Warrior III, Forward Fold, Warrior III (opposite side), High Knee, Tree, Dancer, Forward Fold, Downward-Facing Dog, Yoga Push-Up, Cobra, Child's Pose, Corpse

*Sports Strings: Will obtain from video that is created specifically for different sports