

## Yoga – Reduce Stress

### *Lesson Plan for Grade 6 Students*

#### **Goals of the Yoga Lesson:**

1. Introduce students to the basic concepts of yoga, including its benefits for physical and mental health, and encourage regular practice.
2. Instruct on breathing techniques used in yoga practice, which help with concentration, stress reduction, and overall well-being.
3. Prepare and conduct a set of simple asanas (poses) that students can safely practice.
4. Educate students on safe yoga practice, including how to listen to their bodies and respect their limits.
5. Motivate students to practice yoga independently outside of school, presenting its long-term benefits and emphasizing that regular practice is key to achieving these benefits.

During this lesson, we aim to convey basic information about yoga in an understandable way for students, encourage them to continue practicing, and ensure their safety while performing the exercises.

#### Part I: Introduction (10 minutes)

- Welcome the students and introduce the topic of the lesson.
- Discuss the lesson goals: an introduction to yoga, learning simple techniques, and understanding the benefits of regular practice.
- Explain safety rules, including the principle of "listening" to your body and not exceeding your limits.

#### Part II: Presentation on Yoga (15 minutes)

- **Slide I:** Introduction to the history of yoga, its origins, and the meaning of the word "yoga".
- **Slide II:** Discuss the benefits of yoga practice for physical, mental, emotional, and spiritual health. Emphasize that regularity and patience are key to reaping the benefits.
- **Slide III:** Discuss how to prepare for yoga practice: appropriate clothing and place.
- **Slide IV:** Safety during practice, the importance of consulting a yoga teacher or guardian for beginners.

#### Part III: Breathing Techniques (15 minutes)

- **Slides V-VI:** Introduction to the significance of breath in yoga practice. Discuss various breathing techniques used in yoga, such as "yoga breath", "breath of fire" (Kapalabhati), "victorious breath" (Ujjayi), and "alternate nostril breathing" (Nadi Shodhana).
- Guide students through a few breathing exercises.

#### Part IV: Practice of Asanas (40 minutes)

- **Slide VII:** Introduction to Mountain Pose (Tadasana). Demonstrate and guide students through this pose.

- **Slide VIII:** Introduction to Tree Pose (Vrikshasana). Demonstrate and guide students through this pose.
- **Slide IX:** Introduction to the combination of Cat and Cow Poses (Marjaryasana-Bitilasana). Demonstrate and guide students through this sequence.

#### Part V: Conclusion (10 minutes)

- Summarize the lesson, discuss the benefits of regular yoga practice.
- Encourage students to practice yoga outside of lessons, emphasizing the importance of regularity and patience.
- Conclude the lesson with thanks for active participation and an invitation to further practice.

#### Materials:

- Multimedia presentation with basic information about yoga and images demonstrating the poses.
- Yoga mats for students (if available).
- A friendly and calm environment for practice.

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### Good morning!

Today, we have the pleasure of introducing you to the wonderful world of yoga. During this lesson, we want to show you how simple yoga techniques can help you cope with daily challenges, improve your well-being, and reduce stress.

Whether you are at the beginning of your yoga journey or have practiced before, our goal is to provide tools to help you effectively manage stress and improve overall well-being. Regardless of age, physical condition, or experience, yoga offers techniques accessible to everyone. Join us and discover how yoga can bring positive changes to your school life and beyond.

Now, let's move on to the history of yoga and its origins. Yoga is an ancient practice that has its roots in India, where it originated over 5,000 years ago. Initially, it was passed down orally from teacher to student until ancient texts called the Vedas began documenting various yoga practices and philosophies.

The word "yoga" comes from the Sanskrit word "yuj," which means "to join" or "to unite." In yoga, this refers to the union of the mind, body, and spirit. Yoga is more than just asanas, or body poses; it is a holistic system that encompasses physical, moral, mental, and spiritual practices aimed at achieving harmony and balance in life.

Over time, yoga has evolved and spread worldwide, adapting to different cultures and needs. Today, it is practiced globally in various forms and styles, but all aim to improve health and well-being by integrating the mind, body, and spirit.

Yoga is a holistic system from India that connects the mind, body, and breath, allowing for harmonious integration of these three aspects. The practice of yoga offers many benefits:

1. **Physical Health:** Through asanas, or yoga poses, we strengthen and tone muscles, increase flexibility, improve posture, and enhance overall fitness.

2. **Mental Health:** Yoga helps reduce stress and anxiety, improves mood, and enhances concentration and attention.
3. **Emotional Health:** Yoga helps manage difficult emotions, providing tools for self-regulation and self-care.
4. **Spiritual Development:** Through meditation and mindfulness practices, yoga leads to a deeper understanding of oneself and the world around us.

Remember that yoga is a process, and benefits appear gradually. The key is regularity and patience. We encourage you to explore and discover yoga at your own pace.

Preparing for yoga practice is a crucial step that will allow you to fully focus and gain the most benefits. We start with the basics—appropriate clothing. Choose something comfortable that allows free movement. It could be a loose t-shirt and shorts, leggings, or tracksuits. The important thing is that the clothing does not restrict movement and allows the body to breathe.

The next step is choosing a place for practice. Find a place where you feel comfortable and where you can focus on your body and breath. It could be a quiet part of your home, a garden, a park, or even your room—anywhere you feel free and safe. You can lay out a yoga mat or even a blanket to create your own space for practice.

Safety is very important in yoga practice. Always remember to listen to your body and not exceed your limits. If you are a beginner, it is recommended to consult a yoga teacher or guardian who can help you perform the asanas correctly. Remember, yoga is not a race; everyone has their own pace, and that's okay.

Proper preparation for yoga practice will help you reap full benefits while ensuring your safety and comfort.

### Slides V-VI – Breath

Now let's move to the aspect of breath in yoga practice. Breath not only forms the foundation of our life but is also a key element connecting the mind and body. In yoga, conscious breath control guides movement, regulates effort, and allows entry into a meditative state.

Two basic techniques we want to highlight are the "yoga breath" and the "breath of fire" (Kapalabhati). The first focuses on full, deep breathing through the nose, with a longer exhale, helping to bring the body and mind into a state of relaxation. The "breath of fire" is a fast, rhythmic breath focused on the exhale, strengthening abdominal muscles and improving circulation.

Another essential breathing technique is the "victorious breath" (Ujjayi), characterized by a deep, rhythmic breath accompanied by a sound resembling the ocean. This technique helps with focus, warms the body, and helps maintain rhythm during practice. Yoga also uses the "alternate nostril breathing" (Nadi Shodhana), which involves breathing alternately through one nostril at a time, balancing the body and mind.

Remember, regularity and patience are key in yoga. Practicing conscious breathing takes time, but it is an investment that brings health and peace. Every breath is an opportunity to increase awareness of yourself and your body. Time spent learning breathing techniques is an investment that pays off in the long term.

## Slide VII

Time for practice!

Now it's time to introduce you to a few simple yoga poses that you can easily practice on your own, even at home. We will start with a pose that is the foundation for many other yoga poses, namely the Mountain Pose, also known as Tadasana.

**Tadasana** is a pose that may seem simple at first glance but is very effective and powerful. In this pose, you stand straight, with your feet hip-width apart, arms at your sides, and head lifted upward, trying to elongate the spine. Imagine that you are a mountain—stable and unyielding.

**Tadasana** is very effective in developing stability, improving posture, increasing body awareness, and concentration. Additionally, it helps strengthen the muscles of the feet, legs, and abdomen. In this pose, we focus on our breath, which helps us be present in the moment and increases our awareness.

Although Tadasana is a simple pose, it has a significant impact on our body and mind. It is an excellent start to our yoga practice. Remember that each yoga pose should be practiced with respect for our body's limits, listening to its signals, and adjusting the practice to our individual needs.

## Slide VIII

Now let's move to another pose, which is slightly more challenging but incredibly beneficial—the Tree Pose, also known as Vrikshasana.

In the Tree Pose, you stand on one leg, while the other leg is bent at the knee and rests on the inner thigh of the supporting leg. Slowly raise your arms above your head, joining your palms in a namaste position. Maintain this pose, focusing on your breath and standing like an unwavering tree.

Vrikshasana is excellent for developing balance and focus. It requires concentration and calm, which is very beneficial, especially in stressful situations. This pose also strengthens the muscles of the legs, abdomen, and spine, while improving hip flexibility.

Remember that everyone has different days and the balance is not always the same. If the Tree Position is difficult for you on a particular day, you can rest your foot on your ankle instead of your thigh, or use a wall for support. It is important to approach the practice with patience and self-acceptance.



#### Slide IX

The next pose we want to introduce to you is a combination of two postures - the Cat Position and the Cow Position, also known as Marjaryasana-Bitilasana.

This position is performed on all fours. When performing this sequence, you arch your back downwards on the inhale (cow pose) and round your back upwards on the exhale (cat pose). These movements are done in rhythm with the breath, which helps you to concentrate and tune into the internal rhythm of the body.

**Marjaryasana-Bitilasana** is a great way to improve the flexibility of the spine and relax the back muscles. In addition, it strengthens the abdomen, chest and lumbar, and improves circulation and breathing.

The Cat-Cow pose is particularly useful for people who spend a lot of time sitting, as it helps to combat tension and pain in the lower back. It is also a great pose to practice at the beginning and end of a yoga session, as it helps to warm up the body and prepare for more complex asanas. Remember to always listen to your body and adapt the practice to your ability.



Time for exercises!  
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