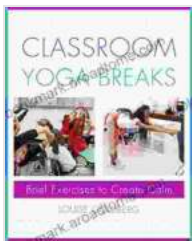


# Classroom Yoga Breaks: Brief Exercises To Create Calm

As a teacher, it is important to find ways to help students relax and focus so that they can learn effectively. One great way to do this is through yoga. Yoga is a mind-body practice that has been shown to have many benefits for both physical and mental health. In the classroom, yoga can be used to help students improve their flexibility, strength, balance, and coordination. It can also help students to relax and focus, and it can even help to reduce stress and anxiety.



## Classroom Yoga Breaks: Brief Exercises to Create

**Calm** by Louise Goldberg

★★★★☆ 4.5 out of 5

Language : English  
File size : 323566 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 344 pages



Classroom Yoga Breaks: Brief Exercises To Create Calm is a book that is filled with short and easy-to-follow yoga exercises that can be done in the classroom. These exercises are designed to be brief and simple, so that they can be easily incorporated into the school day. The exercises are also designed to be fun and engaging, so that students will enjoy ng them.

The book is divided into three sections. The first section provides an overview of the benefits of yoga for students. The second section provides instructions for 20 different yoga poses. The third section provides tips for incorporating yoga into the classroom.

Classroom Yoga Breaks: Brief Exercises To Create Calm is a valuable resource for teachers who are looking for ways to help their students relax and focus. The book provides simple and easy-to-follow instructions for yoga exercises that can be done in the classroom. The exercises are designed to be fun and engaging, and they can be easily incorporated into the school day.

## **Benefits of Yoga for Students**

Yoga has many benefits for students, both physical and mental. Some of the physical benefits of yoga include:

- Improved flexibility
- Increased strength
- Improved balance
- Improved coordination
- Reduced stress and anxiety

Some of the mental benefits of yoga include:

- Improved focus
- Increased self-awareness
- Improved body awareness

- Increased confidence
- Reduced stress and anxiety

## **Yoga Poses for the Classroom**

The following are 20 yoga poses that can be done in the classroom:

1. Mountain Pose
2. Tree Pose
3. Chair Pose
4. Cat-Cow Pose
5. Downward-Facing Dog
6. Upward-Facing Dog
7. Cobra Pose
8. Plank Pose
9. Child's Pose
10. Corpse Pose
11. Seated Forward Fold
12. Standing Forward Bend
13. Triangle Pose
14. Warrior I Pose
15. Warrior II Pose
16. Reverse Warrior Pose

17. Bridge Pose

18. Locust Pose

19. Bow Pose

## **Tips for Incorporating Yoga into the Classroom**

Here are some tips for incorporating yoga into the classroom:

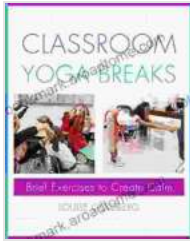
- Start with a few simple poses.
- Keep the sessions short.
- Make the sessions fun.
- Be patient.
- Get creative.

Classroom Yoga Breaks: Brief Exercises To Create Calm is a valuable resource for teachers who are looking for ways to help their students relax and focus. The book provides simple and easy-to-follow instructions for yoga exercises that can be done in the classroom. The exercises are designed to be fun and engaging, and they can be easily incorporated into the school day.

If you are a teacher, I encourage you to Free Download a copy of Classroom Yoga Breaks today. You and your students will be glad you did.

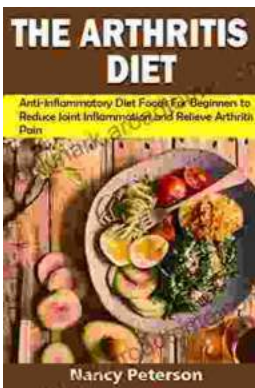
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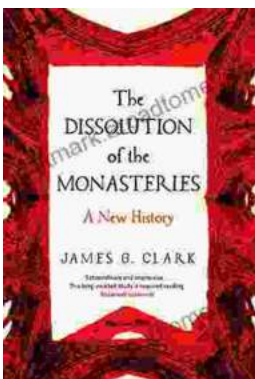
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