

The Zen Educator Mindfulness in the Classroom



A little bit about me...

- Faculty member at State University of New York College at Buffalo since 1996
- Fitness instructor since 1988
- Teaching yoga since 2003 (RYT-200 Yoga Alliance)
- Student of Life
- “Say Yes” Club



3 Primary Goals

- Define: What is *Mindfulness, Yoga & Meditation*?
- Describe: What is the evidence that Mindfulness practices have measurable benefits?
- Delineate: How do I use and integrate Mindfulness as an educator?

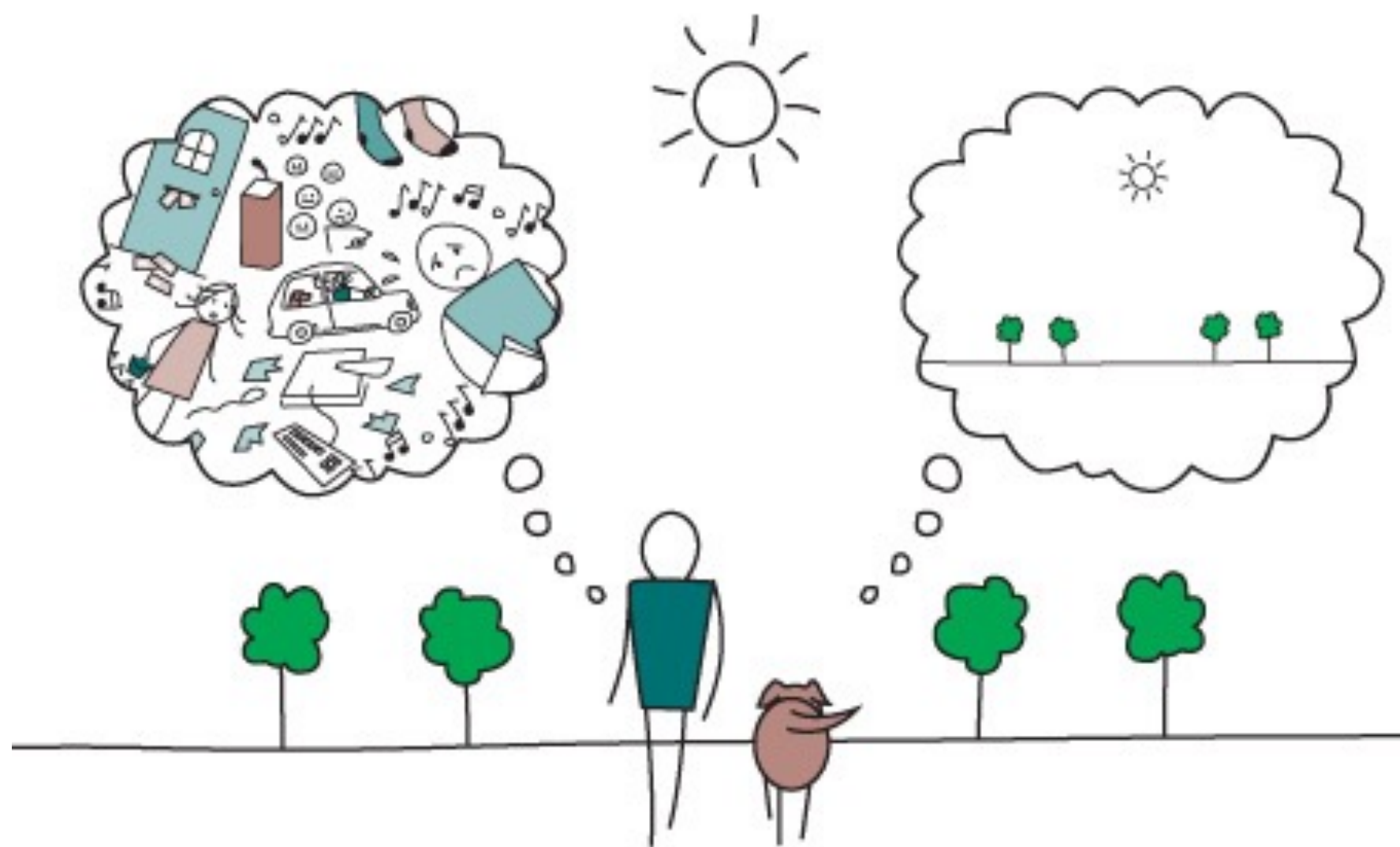


Mind

Body

Spirit

Balance



Mind Full, or Mindful?

Mindfulness

“Being present in the moment without judgment”

- Incorporates principles of both meditation and yoga; it is an awareness of being
- Currently a very “trendy” term -beware its commercialization/monetization
- MBSR-Mindfulness-Based Stress Reduction (Dr. John Kabat-Zinn, Center for Mindfulness, U of Massachusetts Medical School)





Sue Gray

Search ID: swa0294

"Shut up bitch, I'm trying to find my inner calm."

Yoga

- ~5000 years old
- founded in India
- The word “Yoga” means “yoke” or “unity” translated from Sanskrit, the classical language of India.
- It also means “discipline” or “effort.”



Yoga vs “YogaFit”

Eight Limbs of Yoga

- Western approach overemphasizes physical yoga
- Western culture (stereotype) at odds with much of yoga philosophy

Pranayama-Breath Work

Dhyana-Meditation

Dharana-Concentration

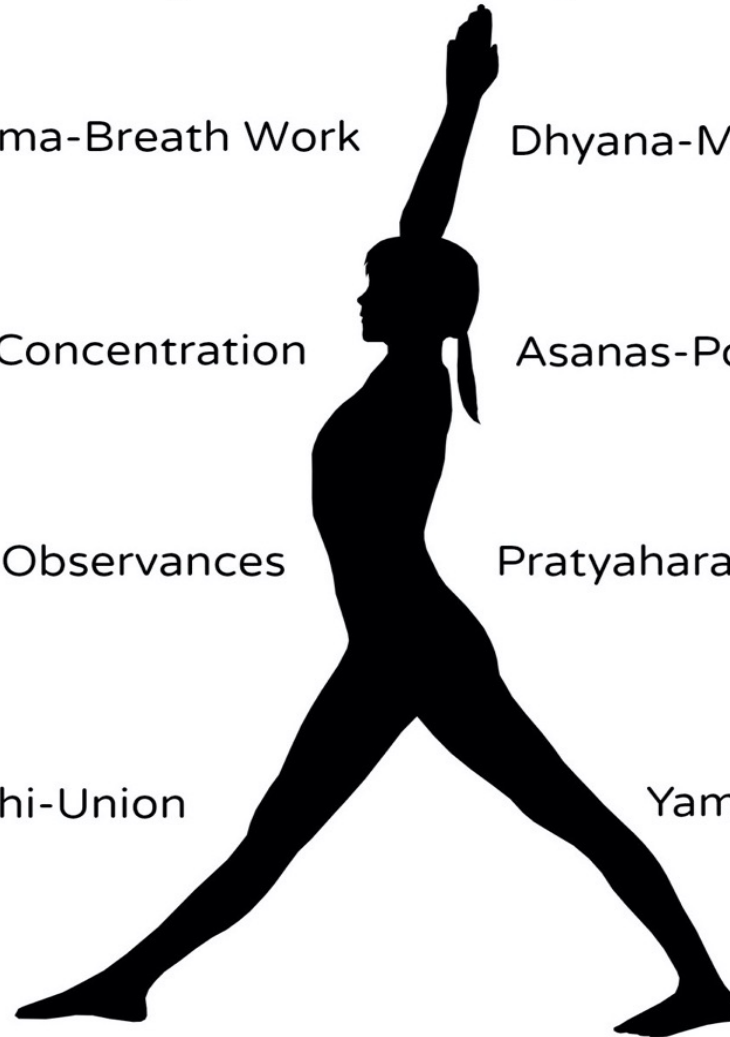
Asanas-Postures

Niyama-Observances

Pratyahara-Withdrawal

Samadhi-Union

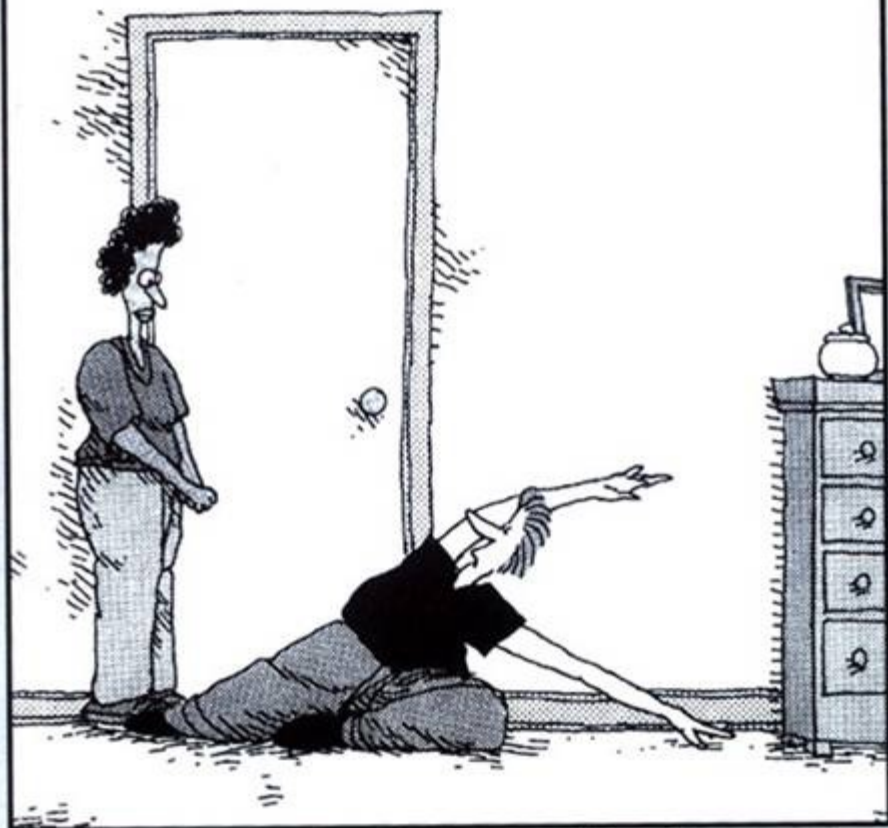
Yama-Morality



The 5th Wave

By Rich Tennant

©RICH TENNANT



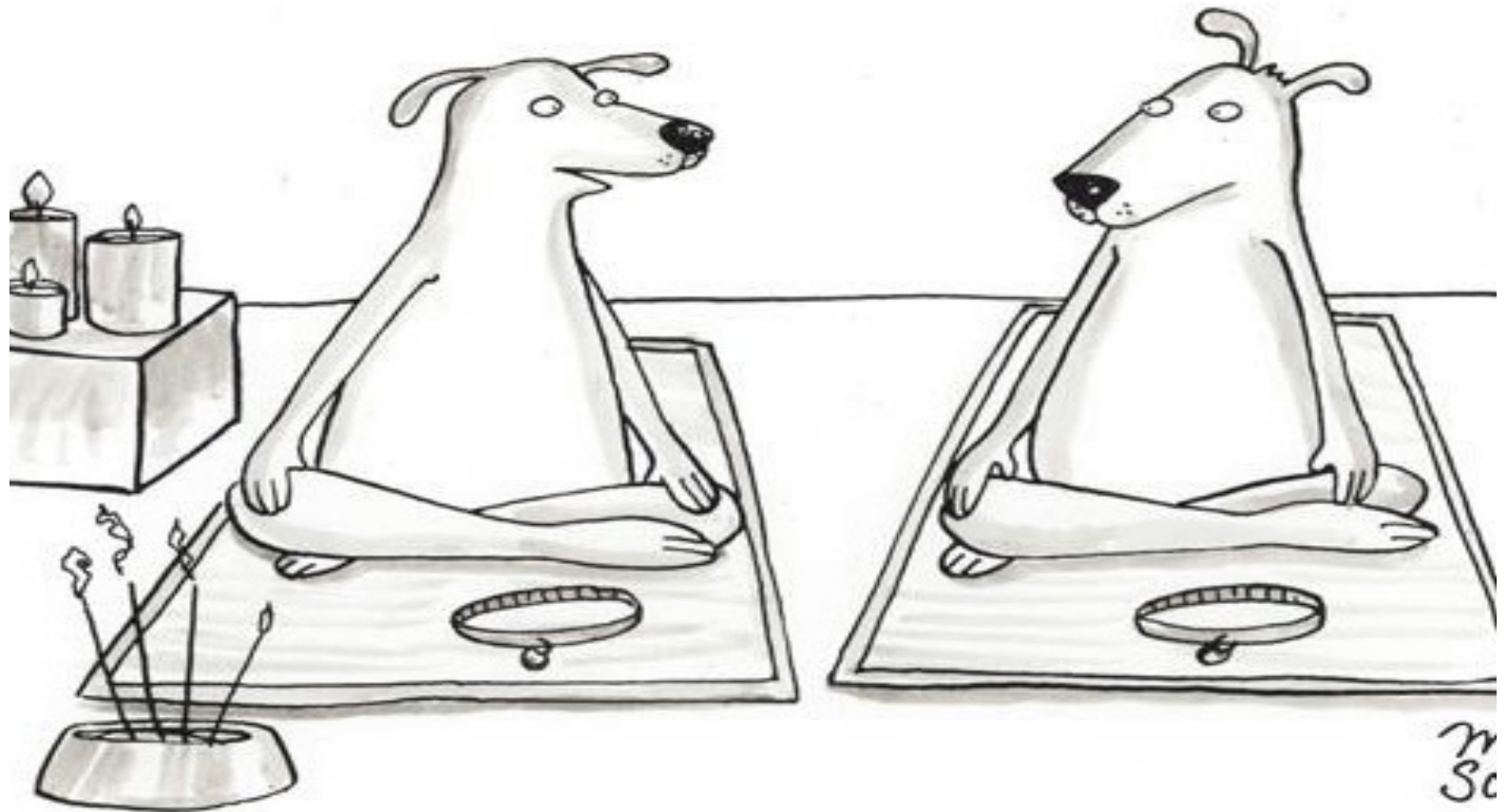
"This position is good for reaching inner calm, mental clarity, and things that roll behind the refrigerator."

Meditation is part of Yoga Practice

- Meditation is a technique in which the meditator seeks not only to reach a deep state of relaxation, but to quiet the mind.

- The mind is a chattering monkey that one tries to make quiet with meditation.





“The key to meditation is learning to stay.”

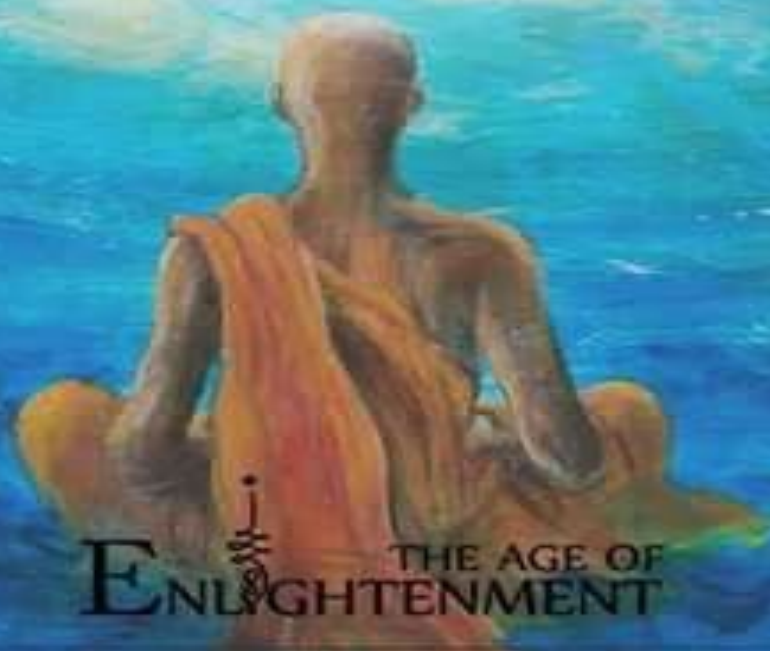
Meditation techniques

- Focused
- Mantra
- Walking



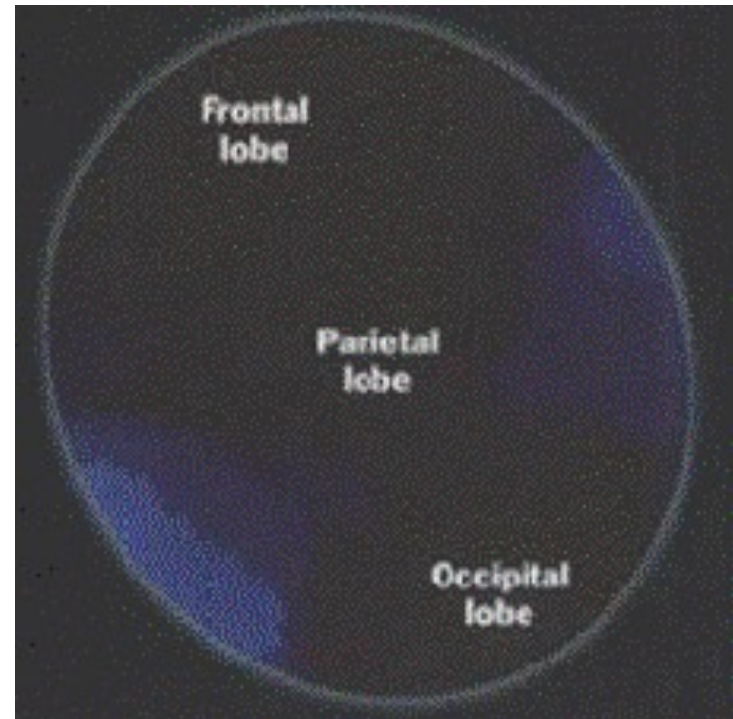
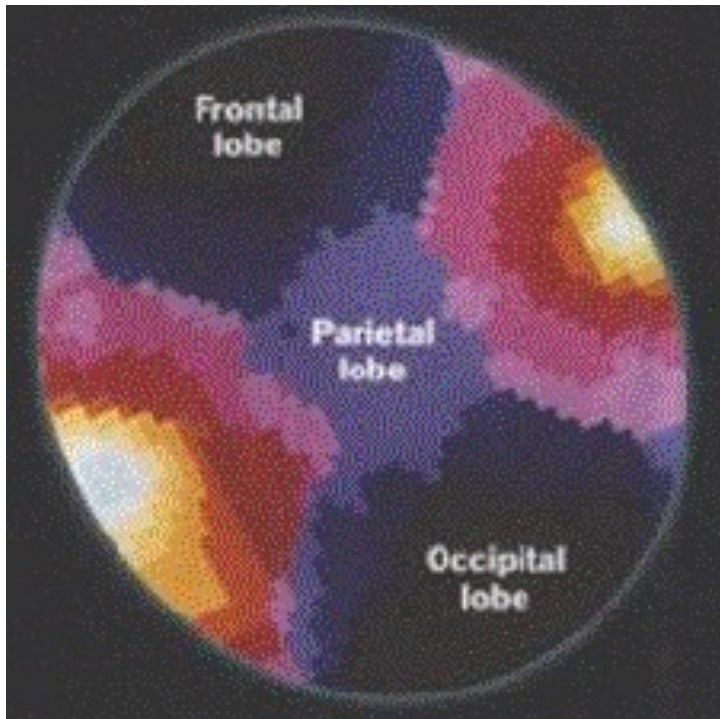
The goal of meditation isn't
to control your thoughts, it's
to stop letting them
control you.

The Age of Enlightenment



THE AGE OF
ENLIGHTENMENT

Decrease in Beta-wave activity after meditation



YOGA & Meditation in the Classroom

1. Start to practice it yourself first so you are comfortable & familiar with the process
2. Younger Children: Energy asanas earlier in the day , balance & breathwork later in the afternoon (reverse for older students). Chunk & Build it!



3. Don't focus on form, focus on staying focused & engaged in breath
4. Students with disabilities: Be safe (support), have fun

Let's Practice Mindful Meditation!



Meditative/Yoga Exercise

- **Abdominal Breathing**
 - *Sends a fax to the brain to chill*
- **Square the “girdles”**
- **Close your eyes**
- **Put one hand on your belly, one on your heart**
- **Imagine...**

Helpful Deep Breathing Image



THANK YOU!



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