



## Kripalu Yoga in the Schools Curriculum Overview

### Modules I-III at a Glance

#### **Module 1: Fundamentals of Yoga for Self-Management**

*Lessons 1–8*

##### Summary

#### **I. Goals**

- Understand the relevance of self-management—the ability to skillfully manage thoughts, feelings, sensations, and behaviors
- Learn mind-body techniques for managing stress
- Cultivate Self-Observation Without Judgment
- Learn to apply self-management techniques in daily life

#### **II. Didactic Content**

Introduction to the concepts of

- The Aspects of Experience (physical body, breath, thoughts, emotions, and wisdom/intuition)
- Self-awareness and stress management
- Self-Observation Without Judgment
- Basic physiology of the nervous system
- Physiology of breathing techniques
- Basic physiology of stress

#### **III. Experiential Activities**

- Hands-on activities to reinforce didactic content, create community, and engage students in the learning process.

#### **IV. Physical Yoga Practice**

- Instruction of foundational yoga postures and breathing techniques that focus on sensations, thoughts, and feelings as they arise in the present moment

## Lesson-by-Lesson Overview

### Lesson 1: Introduction and Overview

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Gain a context and overview of the program</li> <li>• Start to learn the concepts of building community and safe space</li> <li>• Are introduced to the definition of yoga and basic yoga philosophy for the program</li> <li>• Begin to bring awareness to the physical and breath bodies</li> </ul>	<ul style="list-style-type: none"> <li>• Physiology and benefits of Letting-Go Breath</li> <li>• Physiology and benefits of nose breathing</li> <li>• Physiology and benefits of belly breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom Agreements</li> <li>• Student interviews</li> <li>• Hula-Hoop circle game</li> </ul>	<ul style="list-style-type: none"> <li>• Fundamentals of Half Sun Salutation (time permitting)               <ul style="list-style-type: none"> <li>▪ Mountain</li> <li>▪ Forward Fold</li> <li>▪ Jackknife</li> <li>▪ Chair</li> </ul> </li> </ul>

### Lesson 2: Aspects of Experience

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Begin to bring their awareness to the different Aspects of Experience (body, breath, thoughts, emotions, and wisdom/intuition)</li> <li>• Begin to develop awareness of their physical bodies and breath</li> <li>• Experience new foundational yoga postures</li> </ul>	<ul style="list-style-type: none"> <li>• Aspects of Experience               <ul style="list-style-type: none"> <li>▪ Physical body</li> <li>▪ Breath</li> <li>▪ Thoughts</li> <li>▪ Emotions</li> <li>▪ Wisdom/Intuition</li> </ul> </li> <li>• Physiology and benefits of ribcage breathing</li> <li>• Physiology and benefits of chest breathing</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint presentation</li> <li>• Student photos</li> </ul>	<ul style="list-style-type: none"> <li>• Fundamentals of Mountain</li> <li>• Half Sun Salutation</li> <li>• Fundamentals of Plank</li> <li>• Fundamentals of Cobra</li> <li>• Fundamentals of Child</li> <li>• Fundamentals of Table</li> <li>• Cat Push-Ups</li> <li>• Fundamentals of Supine Twist</li> </ul>

## Lesson 3: Yoga and Stress

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Learn basic information about the functions of the nervous system</li> <li>• Gain an introductory understanding of the stress and relaxation responses</li> <li>• Experience new foundational yoga postures</li> <li>• Learn to use tools for dealing with stress</li> </ul>	<ul style="list-style-type: none"> <li>• Stress response (fight, flight, or freeze) vs. relaxation response (rest, digest, and heal)</li> <li>• Physiology and benefits of Three-Part Breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion of yoga's effects on stress</li> <li>• Name tag exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Table</li> <li>• Fundamentals of Down Dog</li> <li>• Fundamentals of Low Lunge</li> <li>• Fundamentals of High Lunge</li> <li>• Fundamentals of Triangle with block</li> <li>• Child</li> <li>• Fundamentals of Bicycle Crunches</li> <li>• Knees to Chest</li> </ul>

## Lesson 4: Observing Experience as It Is

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Are introduced to the concept of observing and accepting experience as it is</li> <li>• Experience a heating/activating yoga sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Present moment awareness</li> <li>• Awareness of Aspects of Experience</li> <li>• Physiology and benefits of Alternate-Nostril Breath</li> <li>• Self-compassion</li> </ul>	<ul style="list-style-type: none"> <li>• Joint openers balancing block on head</li> </ul>	<ul style="list-style-type: none"> <li>• Full Sun Salutation with breath awareness</li> <li>• Fundamentals of Standing Half-Moon</li> <li>• Fundamentals of Standing Forward Fold with hands clasped</li> <li>• Fundamentals of Tree</li> <li>• Dead Bug Crunch</li> <li>• Dead Bug Crunch with twist</li> <li>• Knees to Chest</li> </ul>

## Lesson 5: Sticking Through Stressful Experiences

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Explore the idea that they can choose how to respond to stress</li> <li>• Identify their habitual responses to stress</li> <li>• Practice observing and accepting stressful experiences as they are</li> <li>• Practice breathing techniques to focus and quiet the mind</li> </ul>	<ul style="list-style-type: none"> <li>• Options for responding to stress</li> <li>• Introduction to “sticking with stress”</li> <li>• Physiology and benefits of Ocean Breath</li> </ul>	<ul style="list-style-type: none"> <li>• Yogi Twisters</li> </ul>	<ul style="list-style-type: none"> <li>• Full Sun Salutation with five-breath hold of Plank and Chair</li> <li>• Fundamentals of Warrior I</li> <li>• Flying Warrior I</li> <li>• Fundamentals of Warrior II</li> <li>• Triangle</li> <li>• Child</li> <li>• Supine Twist</li> </ul>

## Lesson 6: Being at Your Best

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Practice breathing and moving in ways that promote mind-body integration and stress management</li> </ul>	<ul style="list-style-type: none"> <li>• Being at your best through cross-body movement and breathing</li> <li>• Balancing the sides of the brain</li> <li>• Integrating mind and body</li> <li>• Balancing stress vs. relaxation responses</li> </ul>	<ul style="list-style-type: none"> <li>• Slap Slap Clap Clap Tap Tap (after Relaxation and Integration)</li> </ul>	<ul style="list-style-type: none"> <li>• Down Dog</li> <li>• Flying Pigeon</li> <li>• Fundamentals of Pigeon</li> <li>• Fundamentals of Eagle</li> <li>• Supine Integrative Twist</li> </ul>

## Lesson 7: Self-Care to De-stress

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Explore the concepts of letting go, allowing, and relaxing into the present moment</li> <li>• Gain tools to relax the body and calm the mind</li> <li>• Review breathing techniques and experience new yoga postures for self-care</li> </ul>	<ul style="list-style-type: none"> <li>• Experience the effects of self-care practices</li> <li>• Explore the concepts of letting go, allowing, and relaxing into the present moment</li> </ul>	<ul style="list-style-type: none"> <li>• Check-in and checkout (first at the beginning of class, then repeat after Relaxation and Integration)</li> </ul>	<ul style="list-style-type: none"> <li>• Spinal Rock</li> <li>• Fundamentals of Seated Boat</li> <li>• Fundamentals of Boat Crunches</li> <li>• Fundamentals of Rhythmic Bridge</li> <li>• Fundamentals of Supported Bridge</li> <li>• Fundamentals of Legs Up the Wall</li> <li>• Fundamentals of Supine Bound Angle at the wall</li> <li>• Fundamentals of Shoulderstand at the wall</li> <li>• Knees to Chest</li> <li>• Supine Twist</li> </ul>

## Lesson 8: From Stressed to Best – Review of Module 1

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Revisit breathing techniques and concepts from throughout the module</li> <li>• Reinforce the lessons of Module 1 in preparation for Module 2</li> <li>• Achieve a sense of closure from Module 1 (for those only receiving one module)</li> </ul>	<ul style="list-style-type: none"> <li>• Review of major themes of Module 1             <ul style="list-style-type: none"> <li>▪ Health and behavioral benefits of yoga</li> <li>▪ Aspects of Experience</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Discussion:             <ul style="list-style-type: none"> <li>▪ How have students noticed yoga impacting their lives?</li> <li>▪ How will you incorporate yoga into your life?</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Full Sun Salutation             <ul style="list-style-type: none"> <li>▪ Warrior I</li> <li>▪ Warrior II</li> <li>▪ Triangle</li> <li>▪ Pigeon</li> <li>▪ Walking Planks</li> </ul> </li> <li>• Bridge</li> <li>• Supported Bridge</li> <li>• Supported Bridge with legs in the air</li> <li>• Supine Twist with legs crossed</li> </ul>



## Module 2: The Role of the Physical Body in Self-Management

### *Lessons 9–16*

#### Module 2 Summary

##### **I. Goals**

- Deepen understanding of self-management—the ability to skillfully manage thoughts, emotions, sensations, and behavior
- Reinforce mind-body techniques for managing stress
- Continue to cultivate Self-Observation without Judgment
- Practice self-management techniques in daily life

##### **II. Didactic Content**

- Introducing and Exploring Refilling the Well and Riding the Wave
- Physiology of yoga postures
- Yoga postures and breathing practices to regulate the nervous system
- Reinforcement of the concepts of self-management, self-awareness, and stress management
- Reinforcement of Self-Observation Without Judgment
- Introduction to optimal functioning
- Exploration of attention training on the mat and in daily life
- Exploration of the edge

##### **III. Experiential Activities**

- Hands-on activities to reinforce didactic content, create community, and engage students in the learning process

##### **IV. Physical Yoga Practice**

- Reinforcement of foundational yoga postures and breathing techniques
- Introduction to more advanced yoga postures with attention to their physiological effects
- Deepened awareness of present-moment sensations, thoughts, and feelings as they arise

## Lesson-by-Lesson Overview

### Lesson 9: Recap of Module 1/Aspects of Experience

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Review the Aspects of Experience (physical, breath, emotional, mental, and wisdom/intuitive) discussed in Module 1</li> <li>Explicitly identify categories of yoga poses (standing, forward folds, backbends, balances, twists, restorative, and inversions)</li> </ul>	<ul style="list-style-type: none"> <li>Review concepts and practices from Module 1</li> <li>In-depth review of the Aspects of Experience</li> <li>Introduce categories of yoga poses and their general benefits</li> <li>Basic anatomy</li> </ul>	<ul style="list-style-type: none"> <li>Yoga Anatomy Game</li> </ul>	<ul style="list-style-type: none"> <li>Sun Salutation               <ul style="list-style-type: none"> <li>Warrior I</li> <li>Warrior II</li> <li>Triangle</li> <li>Chair</li> <li>Twisting Chair</li> <li>Pulsing Cobra</li> </ul> </li> <li>Tree</li> <li>Fundamentals of Forward Fold with strap</li> <li>Eagle crunches</li> <li>Shoulderstand</li> <li>Yogi's Choice               <ul style="list-style-type: none"> <li>Legs Up the Wall</li> <li>Supine Bound Angle at the wall</li> </ul> </li> </ul>

### Lesson 10: Riding the Wave Part I – Breathe, Relax, Feel, Watch, and Allow (Standing Poses)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Become familiar with the concept of Riding the Wave to deal skillfully with challenging experiences</li> <li>Are introduced to the five steps of Riding the Wave: Breathe, Relax, Feel, Watch, and Allow</li> <li>Have an experience of Riding the Wave while holding a challenging yoga posture for two minutes</li> <li>Practice BRFWA through a series of standing postures</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to Riding the Wave</li> <li>Physiology and benefits of standing poses</li> </ul>	<ul style="list-style-type: none"> <li>Two-minute Chair (incorporated into yoga flow)</li> <li>Yogi's Choice (incorporated into yoga flow)</li> </ul>	<ul style="list-style-type: none"> <li>Sun Salutation               <ul style="list-style-type: none"> <li>Warrior I</li> <li>Warrior II</li> <li>Fundamentals of Reverse Warrior</li> <li>Fundamentals of Lateral Angle</li> </ul> </li> <li>Yoga Hops</li> <li>Two-minute Chair with eyes closed</li> <li>Standing Forward Fold</li> <li>Fundamentals of Standing Quad Stretch</li> <li>Mountain</li> <li>Fundamentals of Sphinx</li> <li>Child</li> <li>Yogi's Choice</li> </ul>

## Lesson 11: Riding the Wave Part II – Self-Observation Without Judgment (Balancing Poses)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Learn to train attention through balancing poses</li> <li>Are introduced to ways in which attention training can be applied in daily life</li> <li>Revisit the concept of Self-Observation Without Judgment</li> </ul>	<ul style="list-style-type: none"> <li>Attention training</li> <li>Review Self-Observation Without Judgment in yoga and in daily life</li> <li>Physiology of balancing poses</li> </ul>	<ul style="list-style-type: none"> <li>Tree with focal point comparison</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals Warrior III</li> <li>Fundamentals of Standing Splits</li> <li>Fundamentals of Dancer</li> <li>Fundamentals of Crow</li> <li>Fundamentals of Side Plank</li> <li>Seated Boat series               <ul style="list-style-type: none"> <li>Cat and Dog tilt in Seated Boat prep</li> <li>Seated Boat</li> <li>Twisting Boat</li> <li>Side Boat</li> <li>Fundamentals of Belly-Down Boat</li> </ul> </li> </ul>

## Lesson 12: Riding the Wave Part III: Exploring the Edge (Inversions)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Explore how yoga postures can facilitate new perspectives</li> <li>Discover how when you turn yourself upside down, you see the world differently</li> <li>Exercise their ability to choose their perspective</li> <li>Explore finding an edge that is appropriate for them</li> <li>Continue to practice BRFWA and Self-Observation Without Judgment</li> </ul>	<ul style="list-style-type: none"> <li>Ways in which inversions offer new perspectives</li> <li>Exploring the Edge</li> <li>Physiology of inversions</li> </ul>	<ul style="list-style-type: none"> <li>Rhythmic breathing (with audio file found on the KYIS Teacher Resources webpage)</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals of Dolphin</li> <li>Dolphin Push-Ups</li> <li>Fundamentals of Handstand prep at the wall</li> <li>Shoulderstand at the wall</li> <li>Fundamentals of Plow at the wall</li> <li>Knees to Chest</li> <li>Supine Integrative Twist</li> </ul>



## Lesson 13: Refilling the Well Part I—Relax and Energize (Forward Folds and Backbends)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Become familiar with the concept of Refilling the Well to prevent depleting their internal resources</li> <li>• Learn how to use calming and activating breaths to regulate the nervous system</li> <li>• Learn how to use forward folds and backbends to regulate the nervous system</li> </ul>	<ul style="list-style-type: none"> <li>• Refilling the Well</li> <li>• Capacity to influence the nervous system through breath and postures</li> <li>• Physiology of forward folds</li> <li>• Physiology of backbends</li> </ul>	<ul style="list-style-type: none"> <li>• Body tapping</li> </ul>	<ul style="list-style-type: none"> <li>• Belly-Down Boat</li> <li>• Foot swings</li> <li>• Fundamentals of Half-Bow</li> <li>• Foot swings</li> <li>• Fundamentals of Bow</li> <li>• Child</li> <li>• Cat/ Dog from Table</li> <li>• Standing Forward Fold</li> <li>• Child</li> <li>• Standing Forward Fold</li> <li>• Standing Backbend with hands clasped behind back</li> <li>• Standing Forward Fold with hands clasped behind back</li> <li>• Fundamentals of Seated Head-to-Knee with strap</li> <li>• Supine Twist</li> </ul>

## Lesson 14: Refilling the Well Part II: Optimal Functioning (Twists)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Develop an understanding of optimal functioning states (cognitive, physical, and emotional)</li> <li>• Explore using breath and movement to facilitate optimal functioning states</li> </ul>	<ul style="list-style-type: none"> <li>• Mind-body integration for optimal functioning</li> <li>• Physiology and benefits of twists</li> </ul>	<ul style="list-style-type: none"> <li>• OK-L hand movements (first at the beginning of class, then repeat after Relaxation and Integration)</li> </ul>	<ul style="list-style-type: none"> <li>• Sun Salutation               <ul style="list-style-type: none"> <li>▪ Triangle with block</li> <li>▪ Fundamentals of Revolved Triangle with block</li> </ul> </li> <li>• Cross-Crawl</li> <li>• Fundamentals of Cow-Face with strap and block</li> <li>• Cow-Face Twist</li> <li>• Child</li> <li>• Supine Integrative Twist</li> </ul>



### Lesson 15: Refilling the Well Part III – Take Time to Unwind (Restorative Poses)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Learn the physiology of restorative poses and how they can be used to promote self-care</li> <li>Explore the value of downtime to recharge</li> </ul>	<ul style="list-style-type: none"> <li>Refilling the Well</li> <li>Physiology and benefits of restorative poses</li> </ul>	<ul style="list-style-type: none"> <li>Stream-of-consciousness journaling (first at the beginning, then repeat after Relaxation and Integration)</li> </ul>	<ul style="list-style-type: none"> <li>Rhythmic Bridge</li> <li>Fundamentals of Reclined Hamstring Stretch with strap</li> <li>Fundamentals of Reclined Figure-Four Stretch</li> <li>Fundamentals of Supported Shoulderstand with strap</li> <li>Supine Integrative Twist</li> </ul>

### Lesson 16: Closure (for those only receiving Modules 1 and 2)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>Deepen their sense of community with fellow participants through partner and group experiences</li> <li>Cultivate deep listening and communication skills</li> <li>Reflect on their experience of the program</li> <li>Explore their relationship to the practices of yoga moving forward</li> </ul>	<ul style="list-style-type: none"> <li>Reflecting back to first class and considering lessons learned that will stick going forward</li> <li>Co-listening: The practice of conscious communication with an emphasis on nonjudgmental awareness for the speaker and developing active listening skills</li> <li>Community-building</li> <li>Completion and closure of the yoga program</li> </ul>	<ul style="list-style-type: none"> <li>Co-listening with warm-up partner: How has your experience in yoga been, and what are you going to take away from this experience?</li> <li>Student reflection evaluation of program (template located on the KYIS Teacher Resources webpage)</li> </ul>	<ul style="list-style-type: none"> <li>Collaborative yoga flow (poses TBD)</li> <li>Circular yoga flow               <ul style="list-style-type: none"> <li>Tree with palms touching at shoulder height</li> <li>Crane</li> <li>Standing Big Toe</li> <li>Warrior I with arms reaching up</li> <li>Warrior III with arms to the center of the circle or on neighbor's low back</li> <li>Group Chair (optional)</li> </ul> </li> </ul>



### Lesson 16: Integration of Module 2 (for those continuing on to Module 3)

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"><li>• Review the seven categories of yoga postures and their benefits</li><li>• Experience a yoga class integrating poses from all seven categories</li><li>• Practice both Riding the Wave and Refilling the Well through invigorating and relaxing yoga poses</li></ul>	<ul style="list-style-type: none"><li>• Review of Riding the Wave and Refilling the Well</li><li>• Review of seven categories of yoga poses and their benefits</li></ul>	<ul style="list-style-type: none"><li>• Zim Zam Zoom with attention to transitions</li><li>• Name that Category</li></ul>	<ul style="list-style-type: none"><li>• Warrior I</li><li>• Warrior III</li><li>• Standing Splits</li><li>• Low Lunge</li><li>• Runner's Stretch</li><li>• Knee-Down Twist</li><li>• Yoga Hops</li><li>• Child</li><li>• Shoulderstand</li><li>• Plow</li><li>• Supine Twist</li><li>• Knees to Chest</li><li>• Constructive Rest Pose</li></ul>



## **Module 3: Integrating Yoga Skills Into Everyday Life**

### ***Lessons 17-24***

#### **Module 3 Summary**

##### **I. Goals**

- Cultivate compassion for self and others
- Create and sustain healthier relationships and communities
- Develop an awareness that we are all connected and interdependent
- Increase awareness of inner wisdom/ intuition
- Understand how our thoughts, words, and actions affect ourselves and others

##### **II. Didactic Content**

- Integrating yoga skills into everyday life
- Compassion for self and others
- Healthy relationship and community building
- Understanding the relationship between self-awareness, self-management, and self-regulation in creating healthy relationships
- Making decisions from a place of inner wisdom/ intuition

##### **III. Experiential Activities**

- Reflective exercises, loving-kindness meditation, peer-to-peer teaching, yogi's choice, student-created sequence, and group discussion and brainstorm

##### **IV. Physical Yoga Practice**

- Introduction of pose variations
- Student-taught postures and student-created sequences
- Partner and group yoga flows

## Lesson-by-Lesson Overview

### Lesson 17: Introduction

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Introduce themes of Module 3               <ul style="list-style-type: none"> <li>▪ Compassion for self and others</li> <li>▪ Healthy communities/relationships</li> <li>▪ Interconnectedness</li> <li>▪ Inner wisdom/ intuition</li> <li>▪ Mindful decision-making</li> <li>▪ Personal impact</li> </ul> </li> <li>• Review concepts of Riding the Wave and Refilling the Well</li> <li>• Experiment with choosing their own yoga postures</li> </ul>	<ul style="list-style-type: none"> <li>• Review Riding the Wave and Refilling the Well</li> <li>• Introduce themes of Module 3               <ul style="list-style-type: none"> <li>▪ Compassion for self and others</li> <li>▪ Healthy communities/relationships</li> <li>▪ Interconnectedness</li> <li>▪ Inner wisdom/ intuition</li> <li>▪ Mindful decision-making</li> <li>▪ Personal impact</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Brainstorm and group discussion on integrating yoga skills into daily life</li> </ul>	<ul style="list-style-type: none"> <li>• During Warm-Up:               <ul style="list-style-type: none"> <li>▪ Eagle Crunches</li> <li>▪ Supine Integrative Twist</li> <li>▪ Standing Half-Moon</li> <li>▪ Fundamentals of Five-Pointed Star</li> <li>▪ Fundamentals of Goddess with “ha” breaths</li> <li>▪ Goddess with Eagle arm circles</li> <li>▪ Goddess side crunches</li> <li>▪ Goddess core-strengthening circles</li> <li>▪ Five Pointed Star</li> </ul> </li> <li>• Yogi’s Choice:               <ul style="list-style-type: none"> <li>▪ Inversion</li> <li>▪ Restorative</li> <li>▪ Twist</li> </ul> </li> </ul>

### Lesson 18: Compassionate Communication

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Explore how slowing down can help us become more self-aware, more present, and more compassionate</li> <li>• Practice techniques for better communication</li> <li>• Become more compassionate and nonjudgmental when communicating with others</li> </ul>	<ul style="list-style-type: none"> <li>• Accessing self-awareness through slowing down in restorative poses</li> <li>• The role of compassionate communication in relationships to self and others</li> </ul>	<ul style="list-style-type: none"> <li>• Co-listening (after Relaxation and Integration) utilizing compassionate communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• Knees to Chest</li> <li>• Reclined Hamstring Stretch with strap</li> <li>• Fundamentals of Supine Half-Hero</li> <li>• Supine Figure-Four</li> <li>• Supine Figure-Four with twist</li> <li>• Supine Bound Angle</li> <li>• Gentle Bound Angle sit-up</li> <li>• Gentle Bound Angle sit-up with twist</li> </ul>



### Lesson 19: Personal Impact

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"><li>• Gain awareness that their thoughts, words, and actions—positive or negative—affect the people they interact with</li><li>• Explore the concept of social awareness</li><li>• Take responsibility for their words and actions</li></ul>	<ul style="list-style-type: none"><li>• Increasing awareness of how your thoughts, words, and actions affect others</li><li>• Your personal potential to impact the world you live in</li><li>• Introduce the concept of social awareness</li></ul>	<ul style="list-style-type: none"><li>• Group observation and discussion</li></ul>	<ul style="list-style-type: none"><li>• Sun Salutation<ul style="list-style-type: none"><li>▪ Mountain</li><li>▪ Standing Backbend</li><li>▪ Warrior I</li><li>▪ Warrior II</li><li>▪ Reverse Warrior</li><li>▪ Lateral Angle</li><li>▪ Triangle</li><li>▪ Yogi's Choice of restorative</li></ul></li></ul>

### Lesson 20: Mindful Decision-Making

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"><li>• Practice pausing and listening to their inner wisdom/ intuition</li><li>• Explore making mindful decisions that are best for themselves, their relationships, and their community</li></ul>	<ul style="list-style-type: none"><li>• Deepening awareness of inner wisdom/ intuition through self-reflection</li><li>• Making choices that are right for yourself, your relationships, or your community</li></ul>	<ul style="list-style-type: none"><li>• Decision-making reflection</li><li>• Journaling</li><li>• Yogi's choice and exploring posture variations</li></ul>	<ul style="list-style-type: none"><li>• Sun Salutation<ul style="list-style-type: none"><li>▪ Plank</li><li>▪ Walking Plank</li><li>▪ Side Plank with leg variations</li><li>▪ Warrior I with arm variations</li><li>▪ Warrior II with arm variations</li><li>▪ Lateral Angle with arm variations</li></ul></li></ul>

## Lesson 21: Interconnectedness

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Build trust and connection with other students to deepen a sense of community</li> <li>• Practice leaning on and supporting others as a way to experience interdependence and interconnectedness</li> <li>• Feel prepared and empowered for peer-to-peer teaching</li> <li>• Revisit the experience of practicing compassion for others</li> </ul>	<ul style="list-style-type: none"> <li>• Recognizing the interdependence and interconnectedness of relationships and communities</li> <li>• Recognizing the resources that exists in social groups and communities</li> <li>• Looking beyond peers to build a support system</li> </ul>	<ul style="list-style-type: none"> <li>• Peer-to-peer teaching prep</li> </ul>	<ul style="list-style-type: none"> <li>• Partner yoga flow:               <ul style="list-style-type: none"> <li>▪ Palm press with shoulder stretch</li> <li>▪ Pike</li> <li>▪ Standing Backbend</li> <li>▪ Warrior III</li> <li>▪ Warrior II</li> <li>▪ Reverse Warrior</li> <li>▪ Tree</li> <li>▪ Elevator</li> <li>▪ Seated Double Boat</li> <li>▪ Seated Twist</li> </ul> </li> </ul>

## Lesson 22: Healthy Relationships

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Develop their courage and willingness to embrace vulnerability by leading the class through a yoga posture</li> <li>• Reinforce their understanding of the benefits of different yoga poses</li> <li>• Deepen their sense of community by providing a supportive, respectful, compassionate environment for one another</li> </ul>	<ul style="list-style-type: none"> <li>• Practicing compassion and empathy in community through mutual support</li> <li>• Cultivating courage in the face of vulnerability</li> <li>• Establishing connection as a result of authenticity</li> </ul>	<ul style="list-style-type: none"> <li>• Peer-to-peer teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Peer-led class:               <ul style="list-style-type: none"> <li>▪ Tree</li> <li>▪ Cobra/Sphinx</li> <li>▪ Warrior I</li> <li>▪ Warrior II</li> <li>▪ Triangle</li> <li>▪ Down Dog</li> <li>▪ Chair</li> <li>▪ Supine Twist</li> <li>▪ Bridge</li> <li>▪ Shoulderstand</li> <li>▪ Eagle</li> <li>▪ Warrior III</li> <li>▪ Plank</li> </ul> </li> </ul>

## Lesson 23: Strengthening Your Community

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Develop their courage and willingness to embrace vulnerability by leading the class through a yoga posture</li> <li>• Reinforce understanding of the benefits of different yoga poses</li> <li>• Deepen their sense of community by providing a supportive, respectful, compassionate environment for one another</li> <li>• Have the chance to reflect upon skills learned during the yoga program, such as self-awareness, self-management, decision-making skills, relationship, and social skills</li> </ul>	<ul style="list-style-type: none"> <li>• Practicing compassion and empathy in community through mutual support</li> <li>• Cultivating courage in the face of vulnerability</li> <li>• Establishing connection as a result of mutual respect and support</li> <li>• Reflecting back to first class and considering lessons learned that will stick going forward</li> </ul>	<ul style="list-style-type: none"> <li>• Peer-to-peer teaching (for those who didn't get the opportunity to teach in Lesson 22)</li> <li>• Group discussion about the benefits of the program (time permitting; if not, feel free to carry this over to Lesson 24)</li> </ul>	<ul style="list-style-type: none"> <li>• Peer-led class (if all students have already taught, facilitate a student-created yoga sequence)               <ul style="list-style-type: none"> <li>▪ Seated Twist</li> <li>▪ Twisting Chair</li> <li>▪ Boat</li> <li>▪ Bow</li> <li>▪ Standing Forward Fold with hands clasped behind back</li> <li>▪ Child</li> <li>▪ Supported Legs Up the Wall</li> <li>▪ Supported Fish/Bridge</li> <li>▪ Pigeon</li> <li>▪ Handstand Prep</li> <li>▪ Standing Half-Moon</li> <li>▪ Standing Splits</li> </ul> </li> </ul>



## Lesson 24: Completion

Learning Goals	Didactic Content	Experiential Activities	Yoga Poses
<ul style="list-style-type: none"> <li>• Deepen their sense of community with fellow participants through partner and group experiences</li> <li>• Cultivate deep listening and communication skills</li> <li>• Reflect on their experience of the program</li> <li>• Explore their relationship to the practices of yoga moving forward</li> </ul>	<ul style="list-style-type: none"> <li>• Reflecting back on the yoga program and considering lessons learned that will stick going forward</li> <li>• Completion and closure of the yoga program</li> </ul>	<ul style="list-style-type: none"> <li>• Co-listening with warm-up partner: How has your experience in yoga been, and what are you going to take away from this experience?</li> <li>• Student reflection evaluation of program (template located on the KYIS Teacher Resources webpage)</li> </ul>	<ul style="list-style-type: none"> <li>• Student-created yoga sequence               <ul style="list-style-type: none"> <li>▪ Poses TBD by students and teacher</li> </ul> </li> <li>• Circular yoga flow:               <ul style="list-style-type: none"> <li>▪ Tree with palms together at shoulder height</li> <li>▪ Crane</li> <li>▪ Standing Big Toe</li> <li>▪ Warrior I</li> <li>▪ Warrior III with arms to the center of the circle or on neighbor's low back</li> <li>▪ Repeat on opposite leg</li> <li>▪ Group Chair (optional)</li> </ul> </li> </ul>