

YOGA & POSITIVE LIVING CLASSES

SPHE : Strand Units addressed:

STRAND: Myself; STRAND UNIT: Self-identity

- Self-awareness
- Developing self-confidence
- Making decisions
- Strand unit: Taking care of my body
- Knowing about my body
- Food and nutrition
- Strand unit *Growing and changing*
- Feelings and emotions

STRAND: MYSELF AND OTHERS

Strand unit: Myself and my family

Strand unit: My friends and other people

Strand unit: Relating to others

STRAND: MYSELF AND THE WIDER WORLD Interconnectedness with the environment

PHYSICAL EDUCATION:

Strand:

Gymnastics	<ul style="list-style-type: none">• Movement• Understanding and appreciation of gymnastics
-------------------	---

POSTURES: FORWARD BEND, CAT & Stretching Cat, Upward & Downward DOG, COBRA WARRIOR, 1 & 2; SIDE ANGLE POSE: TRIANGLE, SUN SALUTATION STRETCHES & BREATHING EXERCISES: Half Wheel, Crescent Moon

Tree Stretches, Cactus Twist; Wave Stretch, Sunflower Stretch

BALANCE: TREE BALANCE, AEROPLANE, DANCER, EAGLE

Relaxation/ Meditation/ Visualisation – "Pebbles", "Tropical Island", "Forest Lake",

Focus to the breath, Listening meditation, Focus to a feeling eg peace, relax, calm

A FEW POINTS TO REMEMBER FROM OUR YOGA CLASSES:

The purpose of practicing Yoga is to **listen to yourself, get to know yourself better, believe in yourself and trust in your feelings.** It is also wonderful for helping you to feel strong, confident and flexible.

Your body is always growing and changing and so too is your mind developing. After all you have a different body now to what you had when you were a baby or when you started school. This change happened gradually over a period of time and you didn't even notice it. The cells that make up your body are always changing and being renewed.

NUTRITION;

The food that we eat and drink plays a huge part in creating healthy or unhealthy cells. For example there is much more life force, energy and health in fruit, vegetables and fresh meat or fish than you will get from processed food (eg sausage), sweets or crisps. Smoking, alcohol and drugs also have a harmful affect on the new cells being created. **You always have a choice** about what you eat or drink but it's important to take into account what affect it has on your body.

CHOOSE TO CREATE A HEALTHY BODY BY MAKING CAREFUL FOOD CHOICES.

EXERCISE;

To ensure that you are creating and maintaining a healthy body it is important that you **take regular exercise.** Regular exercise builds strength, stamina, energy, health and creates good cells by pumping oxygen and blood around your body while your healthy new cells are forming. Football, hurling, camogie, soccer, dance, gymnastics, yoga, running, walking, skipping, swimming are some of the fantastic ways of looking after your body. Continuously slouching in front of TV or Tablet or electronic games will not help you develop great health.

DECIDE TO BECOME MORE INVOLVED IN AN ACTIVITY THAT GETS YOU USING UP MORE ENERGY.

IMAGINATION:

Page 2

You have a powerful, unique imagination. It is one of the greatest gifts that you have. Ideas, thoughts and inspiration will come into your mind that may never appear in anyone else's imagination - remember Walt Disney, J.K. ROWLING, Thomas Edison - if they didn't follow up on the ideas from their imagination what would the world be missing today, Only yourself knows what goes on in your imagination so **keep a notebook** especially for all those amazing ideas you get. Maybe nobody else will ever have some of those same ideas. **Before you go to sleep at night is a great time to** use your imagination to create movies about how you would like your life to be. You can be like a magician creating anything you want. **BUT BE PATIENT!**

Spend **QUIET TIME** in **MEDITATION** to rest your mind and thoughts - you will be amazed at what fun and fascinating ideas you come up with.

BELIEVE IN YOUR SELF AND FOLLOW YOUR DREAMS.

YOUR WORDS AND THOUGHTS ARE POWERFUL:

The thoughts that you think about yourself or others affect your whole body and mind. If you are always putting yourself down or criticising yourself for not being like other people or not being as good as others at different activities or subjects, you will not feel good or happy. You will have low energy and your body will not function to the best of its ability. So the new cells being created don't have a good chance of being healthy. If you **try your best at anything you do**, you will feel good about yourself. Recognise when you do something well and feel proud of yourself. When you do this you will find what you truly love doing and what you do best of all. It is easy to feel happy if we **give our attention to all the good things that happen in our lives.** **We also feel good when we are thankful** for the people who love and care for us and for what we have - loving family, comfortable home, enough to eat, a super education and many other things. As far as possible think and share positive thoughts, stories and news with yourself and others and watch all the happiness and success that comes to you.

AVOID gossip, secrets, tales, excluding others - which only serve to hurt others If you use **FACEBOOK** or other social media, **TEXT, EMAIL, etc.** only pass on information / stories etc that have a positive affect. This will begin to have a very positive affect on the world!

EVERYONE HAS DIFFERENT OPINIONS -, listen to your own ideas and feelings, believe in yourself and allow others to have their say.

IN EVERYTHING YOU DO, BE THE BEST YOU THAT YOU CAN BE.

ALWAYS BE RESPECTFUL IN THE WAY YOU SPEAK TO YOURSELF AND OTHERS

YOU ALWAYS HAVE A CHOICE

Sometimes you may be the recipient of other people's negative words or actions. It can feel as though you are the victim. You may be hurt by others comments or behaviour. However you always have a choice of what to believe about yourself. When you **remember to choose only thoughts and feelings about yourself that empower you** and help you to believe in yourself and feel good about who you are, nobody will ever have the ability to hurt or offend you again.

THE GOOD GARDENER.

Remember the story of the Good Gardener. He plants many flower seeds, waters them well and looks after them in every way that nurtures their healthy growth. As soon as he notices a weed, he plucks it out. The poor gardener has a garden of weeds. In the same way we need to be a good gardener of our thoughts, words and actions (like flowers) . This way we feel happy, confident in ourselves, proud of who we are. Otherwise negativity, criticism and blame (like weeds) creep in - then we are not only feeling unhappy ourselves but we probably also cause others to feel unhappy.

YOU DON'T HAVE TO WAIT TO GET CONFIDENCE - you already have it -

Everyone has confidence but some people don't use it and some others abuse it. Stop comparing, judging, criticising yourself and others. **Appreciate** who you are and what you have. See the best in yourself and others.

IT'S OK TO BE DIFFERENT

Each of us is a unique individual - there is no one else like you in the whole world. You were never meant to be the same as anyone else. **It's perfectly OK to be different - in fact you are meant to be different.** We have a part of us that we cannot see but is referred to as your Life, soul, spirit, source, light, flame - there are many different names but it is your own guiding system to help you to understand your feelings and to follow your own true feelings - put simply it lets you feel what is right or wrong for you, what feels good or not so good. When we listen to it and follow what is best for ourselves we are being true to ourselves and the Life, spirit or light is strong and bright inside us and we feel great.

LET YOUR LIGHT SHINE AND KEEP IT SHINING BRIGHTLY.

Above all, have fun, believe in yourself and make a choice to be happy

YOGA POSTURES: CAT, Upward & Downward DOG, COBRA POSTURES, SUN SALUTATION, WARRIOR, 1 & 2; TRIANGLE, SIDE ANGLE POSE: DRAGON STRETCHES & BREATHING EXERCISES: TREE STRETCHES, CACTUS TWIST; WAVE STRETCH, SUNFLOWER STRETCH' CRESCENT MOON SIDE STRETCH.
BALANCE: TREE BALANCE, AEROPLANE

RELAXATION, MEDITATION (ZAZEN), (COCOON)
Bring focus to the breath, Listening to music meditation,
MINI RELAX: Dreamtime Stories:

Dolphin Dreams
Kingdom on a Cloud,
Rainbow Sliding,
Happy Flutter Butterfly,
Garden Visualisation
Enchanted Meditations CD: "Underwater Dolphin Ride"

THEMES:

CHOOSE TO CREATE A HEALTHY BODY BY MAKING CAREFUL FOOD CHOICES.
PRESSING POSITIVE BUTTONS - by recognising and acknowledging positive things and successes of myself and others. I never miss an opportunity to complement people when they're doing well.

WHEN YOU FOCUS ON SAD THOUGHTS, WORRIES, FEARS, DOUBTS, YOU WILL CONTINUE TO BE AFFECTED BY THOSE THOUGHTS AND NOT FEEL GOOD.
TO FEEL GOOD, FOCUS ON THOUGHTS THAT HELP YOU FEEL GOOD, REMIND YOURSELF OF ACHIEVEMENTS YOU HAD, TIMES WHEN YOU HAD SUCCESS AT HOME OR AT SCHOOL OR AT SPORTS OR OTHER ACTIVITIES. TELL HAPPY, GOOD STORIES WHENEVER POSSIBLE.

TAKE RESPONSIBILITY TO BRIGHTEN UP YOUR OWN DAY AND EVERYONE ELSE'S TOO.