

LESSONS FROM RESTORATIVE YOGA TO APPLY IN THE CLASSROOM

By Bev Johns

bevjohns@juno.com

How can we restore ourselves when faced with stress and conflict? We can draw an analogy to the practice of restorative yoga. Restorative yoga was developed to assist individuals in alleviating or reducing symptoms of medical problems. It was developed to reduce stress and anxiety (Kaminski, 2011).

Restorative yoga includes meditation which allows the individual to clear their mind. Before teachers enter the classroom, they must clear their minds of all those outside forces. They have to give a fresh outlook to their students. They not only have to clear their own mind, they have to teach their children to clear their minds of all of the outside forces that each student faces.

Restorative yoga focuses on deep breathing. This practice is not only necessary to relieve the stress of the teacher but is critical to teach students to relieve their stress.

The use of props provides additional supports so that the body can be successful in the poses and the poses are less strenuous. Teachers learn about the supports they need to be successful within the classroom. They need the support of their colleagues, their family, and their interests and hobbies. These are their props. Teachers then give props to students so they are able to be academically successful.

At the end of a restorative yoga practice, there is a time for final relaxation. At the end of each day, successful teachers must be able to clear their mind once again and reflect on the positive events of the day. To build a positive attitude requires reflection of gratitude for what is right in our lives. Teachers must also be able to end the time with their students each day with a calming period where students clear their minds reflecting on what has happened positively throughout the day. Students leave the classroom on a bright and hopeful note.

Whether you have ever practiced restorative yoga or believe in it or not, there is a great deal that we can learn about the practice to be successful within our classrooms.

Reference:

Kaminski, J. (2011). RDRY therapy: A new approach to a healthy lifestyle. *American Fitness*, 29(3), 44-

45.