



**GRADE 12**

# Mindfulness and Yoga

## SD05 Southeast Kootenay

Students will develop and maintain a regular physical yoga practice while demonstrating an understanding of alignment and anatomy as it relates to the safety and benefits of practice. Students make connections between physical practice and their ability to handle stressors both on and off the mat. By a study of Yogic philosophy, mediation and mindfulness, students will see that by developing a healthy state of well-being within themselves, they can affect the larger community in a positive way

---

**Credits:** 4

**Approval Date:** Apr 2022

---

**Hours:** 120

**Trax Code:** YHRA

---

## GOALS AND RATIONALE

To develop and use regular physical practice to develop skills of self-awareness and reflection. Take care of one's physical and mental state to complement athletic pursuits, provide an outlet for stress, and strengthen and tone the body. To bring awareness to the stress-reducing benefits of developing a regular practice of self-awareness, relaxation, meditation, and body strengthening. To have a healthier person in mind and body to create a positive relationship between one's self and others

---

## BIG IDEAS

Regular practice of Yoga and mindfulness strengthens the mind and body. Yoga is holistic, reflexive, experiential, and relational. The practice of mindfulness can happen at any time, anywhere. Practicing self-awareness and self-reflection helps us to grow as individuals and as a community. Exploring the socio-cultural perspectives of Yoga underscores the significance of Eastern Traditions when exploring healing modalities.

---

## ADDITIONAL INFORMATION

Aboriginal Worldviews & Perspectives: Connectedness and relationship - relates students' own lives, outside the classroom. Yoga has an emphasis on identity and experiential learning. Local Focus: An awareness of the seasons and daily cycles, recognizing how these affect one's body, mind, and spirit. Emphasis on Identity: Students return to their own experiences. Guided to listen to their bodies and respond to what their bodies need.