

## Movement and Health - Prof. Denis Parnell

### Week1:

#### Active Class, Tues/Wed, March 3rd and 4th, 2020:

- Secondary: Tuesday March 3rd, 9 -10 ;
  - Elementary; Wednesday, March 4th, 9- 10;
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1. 10 Min: [Easy Warm Up Cardio Workout - Fitness Blender Warm Up Workout](#)
  2. 30 Min: [Yoga for the Hands, Arms and Shoulders with David Procyshyn | DoYogaWithMe.com](#)
  3. 10 Min: Meditation

#### Lecture Class, Wed, March 4th, 2020:

1. Elementary: 10-11 : See [Breathing PPT](#)
  2. Secondary: 11-12 : See [Breathing PPT](#)
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### Week2:

#### Active Class, Tues/Wed, March 10th and 11th, 2020:

- Secondary: Tuesday March 10th, 9 -10 ;
  - Elementary; Wednesday, March 11th, 9- 10;
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1. 15 - 20 Min: [Exercise Circle](#)
  2. 20 Min: [Neck](#)
  3. 10 - 15 Min: Meditation

#### Lecture Class, Wed, March 11th, 2020:

1. Elementary: 10-11 :See [Breathing Continued](#)
  2. Secondary: 11-12 : See [Breathing Continued](#)
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Week 3:

**Active Class, Tues/Wed, March 17th and 18th, 2020:**

- Secondary: Tuesday March 17th, 9 -10 ;
  - Elementary; Wednesday, March 18th, 9- 10;
1. 30 Min: [Lower Back](#)
  2. 10 - 15 Min: Meditation, Headspace - Happiness

**Lecture Class, Wed, March 18th, 2020:**

1. Elementary: 10-11 : See [Predisposition PPT](#)
2. Secondary: 11-12 : See [Predisposition PPT](#)

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Week : 4

**Active Class, Tues/Wed, March 24th and 25th, 2020:**

- Secondary: Tuesday March 24th, 9 -10 ;
  - Elementary; Wednesday, March 25th, 9- 10;
1. 20 Min: [15 Minute Resistance Band Workout](#)
  2. 15 Min: [10 Minute Morning Yoga for Beginners](#)
  3. 10 - 15 Min: Meditation, Headspace - Happiness

**Lecture Class, Wed, March 25th, 2020:**

Elementary: 10-11 : [See Healthy Brain PPT](#)  
Secondary: 11-12 : [See Healthy Brain PPT](#)

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Week 5:

**Active Class, Tues/Wed, March 31st, and April 1st, 2020:**

- Secondary: Tuesday March 24th, 9 -10 ;
  - Elementary; Wednesday, March 25th, 9- 10;
1. 20 Min: [15 minute Full Body Yoga Stretches for Stiff & Tight Muscles | Sara Beth Yoga](#)
  2. 15 Min: [10 minute Eye Exercises](#) (The main stuff is from 9:30 to 11:45)
  3. 10 - 15 Min: Meditation, Headspace - Happiness

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Week 6:

**Lecture Class, Wed, April 1st, 2020:**

Elementary: 10-11 : [See Sugar PPT](#); Secondary: 11-12 : [See Sugar PPT](#)

**Active Class, Tues/Wed, April 7th, and April 8th, 2020:**

- Secondary: Tuesday April 7th, 9 -10 ;
  - Elementary; Wednesday, April 8th, 9- 10;
1. 20 Min: [Resistance Band Pilates Workout, Lottie Murphy](#)
  2. 10 Min: [Simple Yoga Flow for all levels, Sara Beth Yoga](#)
  3. 10 - 15 Min: Meditation, Headspace - Happiness

**Lecture Class, Wed, April 8th, 2020:**

Elementary: 10-11 : [Digital Minimalism PPT](#)

Secondary: 11-12 : [Digital Minimalism PPT](#)

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Week 7:

**Active Class, Tues April 14th**

- Secondary: Tuesday April 14th, 9 -10 ;
  - Elementary; Wednesday, April 15th, 9- 10;
1. 25 Min: [Foam Roller Recover - Adidas Runtastic](#)
  2. 10 Min: [Morning Yoga for Strength and Flexibility](#)
  3. 10 - 15 Min: Meditation, Headspace - Happiness
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Week 8:

**Active Class, Tues, April 21st:**

- Secondary: 9 -10; Elementary; 10-11;
1. [Hatha Yoga with David Procyshyn, Whole Body Flow](#)
  2. Meditation

Week 8: Cont...

**Active Class, Wed, April 22nd, 2020:**

Secondary: 10-11; Elementary; 11-12;

1. 15 Min: [Low Impact Cardio Workout for Beginners - Feel Good Cardio Warm Up](#)  
- Fitness Blender
2. 15 Min: [Tai Chi with Helen Liang](#)
3. 15 Min: Meditation

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Week 9:

**Active Class, Tues, April 28th:**

Secondary: 9 -10; Elementary; 10-11;

1. 15 - 20 Min: [Upper Back Resistance Band for Strength, Tone, and Posture | Back + Shoulders.](#)
2. 10 -15 Min: [10 Minute Bedtime Yoga Stretch for Upper Body, Neck & Shoulders | Sarah Beth Yoga](#)
3. 10 - 15 Min: Meditation

**Active Class, Wed, April 29th, 2020:**

Elementary: 10-11 ; Secondary: 11-12 :

1. 20 Min: [Qigong Full 20 - Minute Daily Routine](#) (Secondary)  
30 Min: [Tai Chi with Helen Liang](#) (Elementary)
2. Meditation

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Week 10:

**Active Class, Wed, May 6th:**

Secondary: 10-11; Elementary; 11-12;

1. 10 Min: [Exercise Circle](#)
  2. 15 Min: [Foam Roller for Low Back Pain Relief](#) (begin at 2:46), YogiApproved.com
  3. 8 Min: [The MELT Method: Neck Release Sequence](#)
  4. Meditation if time allows
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Week 11:

**Active Class, Tues, May 12th:**

Secondary: 9 -10; Elementary; 10-11;

1. [Zumba](#)
2. Yoga - [Hands. Arms. Shoulders](#)
3. Meditation

**Active Class, Wed, May 13th:**

Secondary: 9 -10; Elementary; 10-11;

1. [20 min Beginner Weight Training for women and men - Dumbells](#)
2. [15 minute Relaxing Yoga for Anxiety and Stress Relief - Sarah Beth Yoga](#)
3. Meditation

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Week 12:

**Active Class, Tues, May 19th:**

Secondary: 9 -10; Elementary; 10-11;

1. 20 min: [17 Min Strength Training Workout for Beginners](#)
2. 20 Min: [Full Body Stretch/Yoga](#)

**Active Class, Wed, May 20th:**

Secondary: 9 -10; Elementary; 10-11;

1. 9:00 - 10:00 Returning to BUFS orientation for both classes
2. 10:00 - 11:00 for Elementary class;
  - Orientation Hike

B: Team building: [Human Knot](#) + [Back to back sitting and standing](#) + [Chair Yoga](#)

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Week 13:

**Active Class, Tues, May 26th:**

Secondary: 9 -10; Elementary; 10-11;

1. 15 min: [Kings and Queens](#)  
- Jumping Jacks, Squats, Side Jumps, Planks, Mountain Climbers, Hula hoop, Band curl
2. 20 min: [Yoga for the neck - David Procyshn](#)
3. Meditation

**Active Class, Thurs, May 28th:**

Secondary: 9 -10; Elementary; 10-11;

1. Forest Hike and Forest Bathing

Week 14:

**Active Class, Tues, June 2nd:**

Secondary: 9 -10; Elementary; 10-11;

1. 15 Min: [15 minute Beginner Resistance Band Workout](#)
2. 20 min: [Full Body Slow yoga stretch for flexibility and sore muscles - Sarah Beth Yoga](#)
3. 15 Min: Meditation

**Active Class, Thurs, June 4th:**

Secondary: 9 -10; Elementary; 10-11;

1. [Yoga for hips, Hamstrings and Lower Back with David Procyshn](#)

Week 15:

**Active Class, Tues, June 9th:**

Secondary: 9 -10; Elementary; 10-11;

1. [20 min beginner strength training - Has Fit](#)
2. [15 min: How to use a massage ball to relieve back pain](#)
3. Meditation

**Active Class, Thurs, June 11th:**

Secondary: 9 -10; Elementary; 10-11;

1. 30 Min: [Yoga for lower back pain](#),
2. 15 Min Meditation

**Active Class, Tues , June 16th:**

Secondary: 9 -10; Elementary; 10-11;

**Secondary**

1. Forest Bathing with...
  - a. Yoga - [Hands, Arms, Shoulders](#), or Reading, and meditation

**Elementary**

1. 15 min: [Loop Band Workout for Beginners](#)
2. 20 Min: [How to use a Foam roller for Recovery](#)

**Active Class, Tues , June 23rd:**

Secondary: 9 -10; Elementary; 10-11;

**Secondary**

1. 30 Min: [Yoga for lower back pain](#), or [Gentle Chair Yoga](#)
2. 15 Min: Meditation

**Elementary**

1. Forest Bathing with...
  - b. Yoga - [Hands, Arms, Shoulders](#), or Reading, and meditation

**Active Class, Thurs , June 25th:**

Secondary: 9 -10; Elementary; 10-11;

**Secondary**

1. 15 Min: Blow up balls;
2. 20 Min: [20 Min Yoga with stability ball - Yoga by Candace](#)
3. 15 Min: Meditation

**Elementary**

1. 10 Min: [Beginner Stability Ball Workout - Shortcircuits\\_fitness](#)
2. 20 Min: [20 Min Yoga with stability ball - Yoga by Candace](#)
3. 15 Min: Meditation