



Name of Session: Yoga/Meditation for Grounding

Facilitators / Creators: Michelle Marji, Mariah Aguilar

Age Group for Participants: K-8

Context:

The importance of this work lies in the desire to create a hopeful, kind, loving, and warm learning environment for students. Vista College Prep has the goal of teaching with intentional joy and positivity. Meditation and grounding activities are meant to cultivate positive energy and love for the self. RYT values student leadership. Meditation is often a practice done internally. Students can take leadership of their space, their environment, and themselves when engaging in meditative activities.

Origin of the exercise:

These exercises originate from body works and meditation classes taken at Arizona State University as well as yoga and somatic based classes.

Objectives:

- *To become aware of the breath*
- *To teach grounding techniques*
- *To teach independent meditative practice*
- *To be grateful*

Linked Media Content:

Yoga & Meditation Video - https://youtu.be/qY_WLyrgOFw

Materials:

- *A comfortable and quiet place on the ground whether outside, on carpet, or indoor floor with comfortable clothes.*

Process:

step by step list of how to complete the session. This is where you will include video/audio links , specific instructions, or scheduled live video experiences

1. Find a comfortable, quiet place on the floor to sit.
2. To access the content you can follow along with Ms. Michelle and Mariah as they guide you through yoga and meditation, here: https://youtu.be/qY_WLyrgOFw
3. Listen with a digital device to the following podcast, preferably with headphones for the second portion of the session.

Variations:

This session can be modified by laying down, doing the activity outside, or repeating the meditation daily. Participants may feel free to do easy stretching as well.