

Unit Two: The Roots of Mindfulness Practice

Month-At-A-Glance				
Monday Hatha Yoga Pradipika: pp definition of asana and directions for meditation try yoga first https://youtu.be/-rBDxFKJtIE?si=uYYCC2RfM7TpKFvF then seated meditation reflect on whether noted difference	Tuesday Upanishads https://youtu.be/IXknmkLJA?si=UanAL7xeV_1Lrv0l collaborative note taking https://yogainternational.com/article/view/the-koshas-5-layers-of-being/ visual of koshas https://www.healthline.com/health/mental-health/koshas#5-koshas Meditation on the sheaths or koshas Ravi Shankar https://youtu.be/6bGfFwNfRGg?si=oiSe9H7VEEdMYpA-	Wednesday Vedas https://youtu.be/WcrZr6aNHfw?si=eB6WXMYPEu3gniat discuss and clarify Panchakosha meditation https://youtu.be/IWjcKzjGOW8?si=m8mYjURqwcJv0ii5 discuss these meditations journal	Thursday What are the chakras? Anodea Judith Chakras Made Easy Illustrate collaboratively discussion Chakra meditation https://youtu.be/bMzqgA8c6nQ?si=xzDiLuV3X6RNclp journal	Friday Pratyahara - withdrawal of the senses Bumblebee breath https://youtu.be/yPy5Hn_9eiY?si=0i237rQ1UbiNzZW8 benefits and explanation https://www.ekhartयोगa.com/articles/practice/bhramari-pranayama-humming-like-a-bumble-bee readings from yoga sutras about pratyahara body scan meditation https://youtu.be/rKBEGpzK25s?si=y6uT3Gvze0t-HTcR (savasana if possible)
Monday Iyengar - light on life yoga practice https://www.yogajournal.com/practice/yoga-sequences-level/beginners-sequences/try-chair-salutations-for	Tuesday Iyengar - light on life - asana yoga journaling	Wednesday Angulimala meditation with discomfort script yoga - longer holds	Thursday Dristi yoga journaling	Friday Sivananda yoga journaling

-a-fresh-approach-to-a-classic-flow/ journaling/drawing		or meditation monitoring thoughts discussion journaling		
Monday Shaolin Monk intro https://youtu.be/Zbow21FKJS4?si=4hQwUNt_-N1sDX1q Shaolin monk breath as link bt mind and body https://youtu.be/qQINjPM7Wal?si=hi6J_PTMJp0M6n8G TED talk connecting to life today https://youtu.be/lq0Y5QN8WQE?si=u6T1HVWI5Hfa9ksz journal reflection	Tuesday Readings from breath pp. 169-178 practice breathwork - box breath with hold breath meditation journaling	Wednesday Readings from breath practice breathwork together - box breath with hold breath meditation	Thursday excerpt, Tummo, Breath, pp. 145-147 https://www.youtube.com/watch?v=l9tjkhjGWlo https://www.facebook.com/BreatheandThinkBetter/videos/the-story-of-alexandra-david-neel-and-tummo-breathwork-breathing-wellbeing-welln/618576492791138/ https://youtu.be/ztR7YLFuNvA?si=n_q4CklSFotUEXi Selection from book: Kappalabhati (breath of fire) https://youtu.be/jqBfOmaADl8?si=OHQhPugIXax1GVlz journaling	Friday Grounding through mudra and mantra review Visual for alternate nostril breathing https://thechalkboardmag.com/alternate-nostril-breathing/ detailed script for alternate nostril breathing: https://yogainternational.com/article/view/joyous-mind/ japa with hands (mantra and mudra) sa-ta-na-ma https://alzheimersprevention.org/research/kirtan-kriya-yoga-exercise/ https://www.vetyogi.com/blog-details/sa-ta-na-ma-a-meditation-which-can-improve-memory video version https://youtu.be/Z0v-0T8k11U?si=51R2QM2tE5F_K4CQ visual https://www.ayurindus.com/the-amazing-findings-of-mantra-practicing/ discuss and reflect journal

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

<u>Objectives:</u> Students will be able to . . explain the origins of mindfulness in Vedic culture. Demonstrate basic yoga “asanas” or seats and explain how they support the body in meditation. Apply alternate nostril breathing and/or elevator breath technique to calm the nervous system.	<u>Key skills/practices</u> Chair yoga, hatha yoga asana, alternate nostril breathing, elevator breath	<u>Role models and inspirations:</u> Swami Sivananda Alexandra David Neel Swami Yogananda Bhagavan Das BKS Iyengar Indra Devi
<u>Aligned Standards:</u> <u>OR.TSEL.2A.c</u> <u>Compare and utilize different strategies and skills to manage and express thoughts, emotions, impulses, and stressors</u> <u>OR.TSEL.1C.a</u> <u>Identify one’s emotions, thoughts, perspectives, and behaviors.</u> <u>OR.TSEL.1B:</u> <u>Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses.</u>	<u>Key vocabulary</u> Asana (seat) Meditation Vedic/Veda Sutra (thread) Asana (seat) Prana (breath) Chakra (wheel) Brahman Atman mantra mudra	<u>References/resources:</u> https://www.manishamelwani.com/japa-repetition-of-a-mantra/ Living with the Himalyan Masters (Swami Rama, 2005) The Goddess Pose (Goldberg, Michelle, 2015) Hatha Yoga Pradipika Autobiography of a Yogi (Yogananda, 1946)

<u>ENDURING UNDERSTANDINGS:</u> Physical yoga was designed to prepare the body for meditation Mindfulness requires practice. Buddhist meditation practices originate in Vedic cultures in the Indus river valley The breath can be used to calm the nervous system including the heart rate and the mind. Meditation practice is not always calm - it is sometimes about sitting through difficult emotions and thoughts and allowing them to settle.	<u>ESSENTIAL QUESTIONS:</u> Where did seated meditation practice (as popular in America today) originate? What is yoga? What cultures have contributed to mindfulness practices?	<u>Core texts/readings/media:</u> Alexandra David-Neel, Immortality and Reincarnation (David-Neel, 1978) Yoga Sutras of Patanjali (Satchidananda, 1977) Radiance Sutras (Roche, 2014) Sivananda, Yoga Mind & Body (Sivananda, 1996) Light on Life (Iyengar, 2005) (maybe) Angulimala (Gombrich, 2006) The Bhagavad Gita (Eswaran, Eknath, 2006) detailed script for alternate nostril breathing: https://yogainternational.com/article/view/joyous-mind/
<u>Assessments:</u>	<u>Checking For Understanding:</u> (What questions need to be answered from students as evidence for understanding of the material?):	<u>Collaborative Activities:</u> - Discussion of texts - Read Angulimala aloud - Reflective conversations about meditations - Group yoga practice - mapping travel of meditation and yoga
<u>Materials needed:</u> Copies of text selections; journals; space to practice; yoga mats and meditation cushions if possible; world map if possible (to show movement of Buddhism and movement of yoga practices) (projected	Where does “traditional seated meditation” as most of us think of it come from? Which cultures have contributed?	<u>Multimedia experiences:</u> <u>Insight timer meditation - look up</u> https://youtu.be/jqBfOmaADI8?si=OHQhPuqIXax1GVz <u>elevator breath visualizer :</u> https://www.youtube.com/watch?v=aXItOY0sLRY <u>Alternate Nostril Breathing video:</u> https://artoflivingretreatcenter.org/blog/a-breathing-practice-to-calm-soothe-relax/

image works if you have a projector);

Visual for alternate nostril breathing
<https://thechalkboardmag.com/alternate-nostril-breathing/>

Differentiation techniques:

Large text, highlighters; shorter/ meditation time; fewer asana demonstrated per day; more breaks/ interspersing of movement with sitting; video options