

Unit 4 Dynamic Mindfulness

<u>Objectives:</u> Students will be able to . . . name several different dynamic meditation techniques	<u>Key skills/practices</u> Ecstatic dance Kundalini or dynamic breathwork Balance and slack lines (virtual one in classroom) Sound Bath Singing	<u>Role models and inspirations:</u> Megha Buttenheim Master Chunyi Lin Dr. Kataria, Laughter Yoga teacher Master Song Kung Fu Misa Tsuyoshi Nicola Tesla Rumi Hafiz Layla el Khadri, Mana Mei, and Sofie Sofree
<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.1A.b</u> <u>Describe the intensity of emotions, thoughts, strengths and potential, and how they can fluctuate and change.</u>	<u>Key vocabulary</u> <u>qigong</u> <u>ecstatic dance</u> <u>tapping</u> <u>nada yoga</u> <u>chanting</u> <u>Cymatics</u> <u>qi</u>	<u>References/resources:</u> https://www.3ho.org/kundalini-yoga/ Balance by Scott McCreddie Nada Yoga Let Your Yoga Dance https://youtu.be/i8RdhNohL-w?si=2JJjGn_cBO4j28zY What is Ecstatic Dance? https://youtu.be/BzGv4msleGk?si=QsLMsI1xdKe9rpIG Shamanic sound healing https://youtu.be/7B9fJWTPVq8?si=b-71HTz-n5CLFsfp Sound frequency theory https://youtu.be/BmwVR_jN470?si=EaT6UmpZTg001EaV Tesla on sound frequencies https://youtu.be/1aw8jr02Vtk?si=3y-8UNOoiWu3OBeo Cymatics https://youtu.be/wvJAgUBF4w?si=8dS_uStEfz0yUsO4 What is Qi? https://youtu.be/mWO68FayDRk?si=Vt-k515v8w8CPSBQ What is Qigong? https://youtu.be/FB7b1nsBmos?si=lw5ZEz_6U8Gkp1tQ qigong practice with Chunyi Li https://youtu.be/6OzJiwAzhH4?si=iNP0y35uhXUSJJi9 qigong practice with Misa Tsuyoshi https://youtu.be/ugPnZxGwNV4?si=pVcb89gAPWHhk78W

		Tapping https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.emotional-freedom-technique-eft.ac19225 Tapping chart https://eftinternational.org/wp-content/uploads/2023/12/Free-EFT-Tapping-Points-Chart.pdf The Practice of Nada Yoga: Meditation on the Inner Sacred Sound - Baird Hersey Dynamic Meditation for Living by Yogi Shanti Desai
<u>ENDURING UNDERSTANDINGS:</u> Not all forms of meditation require stillness. World meditation traditions are diverse in format. Meditation can be done in groups or with partners.	<u>ESSENTIAL QUESTIONS:</u> How can I be mindful if I have trouble being still? How is mindfulness practiced in community?	<u>Core texts/readings/media:</u> Hafiz (Ladinsky, 1999) Sitting with Sufis Rumi (Barks, 1995) Balance - Scott McCredie (McCredie, 2007) Chanting/singing (bhagavan das documentary?) Directions for Laughter Yoga exercises Recording for dance session with Layla el Khadri, Mana Mei, and Sofie Sofree https://youtu.be/9CEnSTruBBg?si=q0gXDmyXpFgV3gLe <u>Singing bowls</u> https://youtu.be/W0pJMHMkQGE?si=9eHcQlJkgVdOmvo0 <u>laughter yoga directions:</u> https://youtu.be/7AoNMywOrMc?si=wBnZTu0G7kxtr7Tb <u>laughter yoga guide</u> https://www.laughteryoga.org/media/download_files/info-booklet.pdf https://www.yogacalm.org/wp-content/uploads/2017/09/Tree-Circle.pdf

		<u>partner yoga</u> https://www.healthline.com/health/fitness-exercise/yoga-poses-for-2 https://www.yoga-society.com/blogs/yoga-poses/partner-yoga-moves-anyone-can-do https://kidsyogafun.com/partner-yoga-poses-for-kids-and-teens/
<u>Assessments:</u> <u>participation</u> <u>journal entries,</u> <u>discuss checks for</u> <u>understanding</u>	<u>Checking For</u> <u>Understanding:</u> (What questions need to be answered from students as evidence for understanding of the material?):	<u>Collaborative Activities:</u> Laughter yoga Dance Chanting Circle balancing exercises
<u>Materials needed:</u> <u>yoga mats,</u>		<u>Multimedia experiences:</u> <u>dance and music videos</u> <u>sound bath</u>

Differentiation techniques:
 movement, print outs, chair options

Month-At-A-Glance				
Monday What is Qi? https://youtu.be/mWO68FayDRk?si=Vt-k515v8w8CPSBQ What is Qigong?	Tuesday Five elements theory https://www.springforestqigong.com/121-theory-of-five-elements/	Wednesday Prana is the Vedic equivalent of qi, more connected with the breath. Kundalini yoga focuses on the movement of prana.	Thursday this practice is best done with yoga mats. if not available, do what is possible and substitute with more breathwork and a meditation from the 3ho site. (this kriya is safe for beginners)	Friday start with basic breathwork https://www.3ho.org/kundalini-yoga/kriya/basic-breath-series/ introduce idea of nada yoga - healing and concentration/meditation through sound.

Cymatics https://youtu.be/wvJAGrUBF4w?si=8dS_uStEfz0yUsO4 (or slide talk with cymatic images) Tesla on sound frequencies https://youtu.be/1aw8jr02Vtk?si=3y-8UNOoiWu3OBeo Shamanic sound healing https://youtu.be/7B9fJWTPVq8?si=b-71HTz-n5CLFsip Journal: did you prefer the tibetan or shamanic style, and if so, why?	https://youtu.be/BzGv4msleGk?si=QsLMsI1xdKe9rpIG Let Your Yoga Dance https://youtu.be/i8RdhNohL-w?si=2JJjGn_cBO4j28zY	h-yourself-8696103 Dance with Recording for dance session with Layla el Khadri, Mana Mei, and Sofie Sofree https://youtu.be/9CEnSTruBBg?si=q0gXDmyXpFgV3gLe journal	https://www.laughteryoga.org/media/download_files/info-booklet.pdf Lead students through laughter yoga exercises discuss and reflect journal about your feelings esp. stress level and mood before and after the laughter yoga	Tapping chart https://eftinternational.org/wp-content/uploads/2023/12/Free-EFT-Tapping-Points-Chart.pdf
Monday partner yoga (try to pair roughly by similar heights) back to back breathing supported Twist both directions double forward fold double half fold	Tuesday Balance - Scott McCredie (McCredie, 2007) Yoga balancing poses and Tai Chi improves balance	Wednesday partner yoga (try to pair roughly by similar heights) (new partner) back to back breathing supported Twist both directions double forward fold double half fold supported warrior 3	Thursday Mantra Japa https://reveredhinduism.blogspot.com/2016/06/everything-about-mantras.html https://isha.sadhguru.org/en/wisdom/article/mantras-benefits options: Write your own mantra and chant to yourself - silently, out loud, or whispering	Friday partner yoga (new partner) (try to pair roughly by similar heights) back to back breathing supported Twist both directions double forward fold double half fold supported warrior 3 double revolved

supported warrior 3 double revolved chair (both directions) double boat double wide legged boat double wide legged fwd fold (take turns) double butterfly (take turns) double side stretch (both sides) supported savasana (or own savasana to rest)	https://youtu.be/NsZaY-E MpiA?si=ZffJh0xUCe96A74d Master Song Kung Fu Journal: How does balancing improve concentration ?	double revolved chair (both directions) double boat double wide legged boat double wide legged fwd fold (take turns) double butterfly (take turns) double side stretch (both sides) supported savasana (or own savasana to rest)	if comfortable, try chanting a basic mantra together. Krishna Das albums are great for this, another option is the Gayatri, if chanting gayatri give handouts with meaning and words in sanskrit. https://youtu.be/SarITxrAbIY?si=cdqX_nnHsAvKPg4h (video with meaning but very religious interpretation) deva premal (just sound) https://youtu.be/yQjHSIHPJfw?si=c-FIBkiW9oRsV9mt discuss and reflect on how chanting impacted thoughts. continue at home and journal.	chair (both directions) double boat double wide legged boat double wide legged fwd fold (take turns) double butterfly (take turns) double side stretch (both sides) supported savasana (or own savasana to rest)
Monday	Tuesday	Wednesday	Thursday	Friday