

# Yoga as an Intervention

DR. EMILY TURNER  
*The Meditated Educator*



# Outcomes

IDENTIFY THE BENEFITS OF YOGA AND BREATHWORK

RECOGNIZE TRAITS OF DYSREGULATION IN THE SCHOOL SETTING

PRACTICE USING YOGA AND BREATHWORK AS A PROACTIVE STRATEGY



# Our Session

DO YOU FEEL AS THOUGH YOU'VE TRIED IT ALL TO HELP STUDENTS WHO ARE FEELING OVERWHELMED AND ANXIOUS OR WHO ARE ACTING OUT? HAVE YOU TRIED YOGA AND BREATHWORK IN YOUR SCHOOLS AND CLASSROOMS?

IN THIS SESSION, PARTICIPANTS WILL ENGAGE WITH THE FOUNDATIONS OF YOGA AND BREATHWORK ALONG WITH THE RESEARCH BEHIND WHY THEY ARE SUCH EFFECTIVE PRACTICES.

THROUGH THE POWER OF CONTROLLED BREATHING TECHNIQUES AND PHYSICAL MOVEMENT, YOU CAN SUPPORT YOUR STUDENTS BEFORE, DURING, AND AFTER MOMENTS OF DYSREGULATION. (P.S. THIS WORKS WITH STAFF, TOO!)





# About Me

MOM OF 5

20 YEARS IN EDUCATION

DIRECTOR OF SPECIAL SERVICES

YOGA TEACHER / BUSINESS OWNER

LIFE





# Starting Point

WHAT I STARTED TO NOTICE ABOUT 10 YEARS AGO...

BIGGER BEHAVIORS > LARGER LEARNING GAPS > REACHING BOILING POINT

WHAT I STARTED TO NOTICE ABOUT 5 YEARS AGO...

CYCLE OF TEACHER AND STUDENT STRESS INCREASING

WHAT WE NEED(ED)...

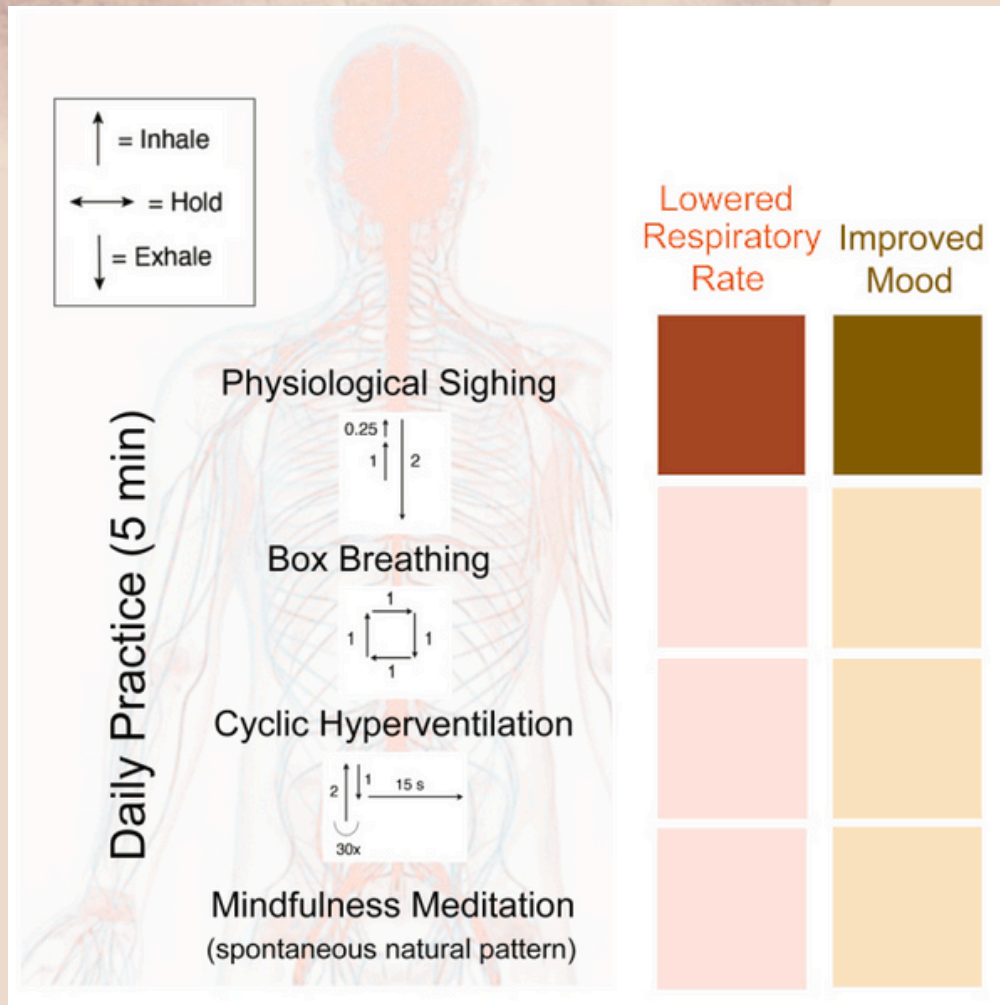
# LESS



# Back to Basics

## BREATHWORK

BREATHWORK  
PRODUCES GREATER  
IMPROVEMENT IN MOOD  
AND REDUCTION IN  
RESPIRATORY RATE,  
WHILE BOTH RESULT IN  
REDUCTION IN  
NEGATIVE EMOTION  
INCLUDING STATE  
ANXIETY.



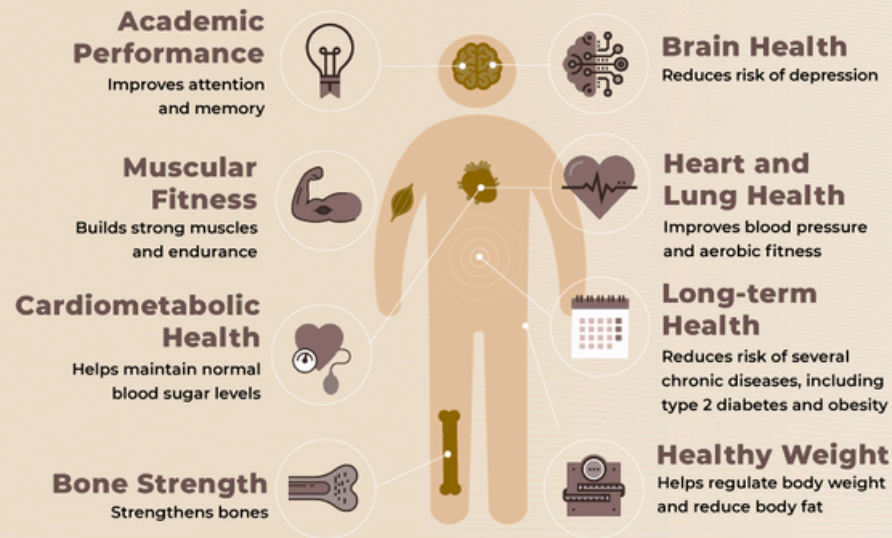


# Back to Basics

## MOVEMENT (YOGA)

### Health Benefits of Physical Activity

#### FOR CHILDREN



IMPROVED EMOTIONAL REGULATION.  
BETTER AWARENESS OF THEIR THOUGHTS,  
FEELINGS AND ACTIONS.

IMPROVED BEHAVIOR.

IMPROVED CONCENTRATION.

IMPROVED PHYSICAL FITNESS.

IMPROVEMENTS IN CONNECTING WITH  
OTHERS.

IMPROVED SOCIAL INTERACTIONS,  
ATTENTION SPANS, COPING SKILLS,  
CONFIDENCE, ACADEMIC PERFORMANCE  
AND MOOD.



# Dysregulation

	TEACHERS	STUDENTS
LOOKS LIKE		
SOUNDS LIKE		
FEELS LIKE		





# Dysregulation

	TEACHERS	STUDENTS
SCHOOL FACTORS		
HOME FACTORS		
PERSONAL FACTORS		



# Dysregulation

## YOUR SYMPATHETIC NERVOUS SYSTEM

CORTISOL LEVELS INCREASED

SHALLOW BREATHING

FIGHT OR FLIGHT MODE

IMPAIRED NEUROPLASTICITY

WEAKENED IMMUNE SYSTEM

ABNORMAL APPETITE





# Regulation

BREATHWORK

(BOX BREATHING, LONGER EXHALES, HANDS TO HEART AND BELLY)

MEDITATION WITH BREATHWORK...IT'S EASY!!

LET'S TRY IT!

BREATHING

INFINITI

MANTRA



# Regulation

MOVEMENT

(LEGS UP THE WALL, CHILD'S POSE, LOTUS / EASY SEAT)

YOGA = TO YOKE / UNITE = COME BACK TO WHERE YOU ARE

ANXIETY IS WHEN YOU'RE HERE, BUT WANTING / THINKING ABOUT BEING THERE.





# Regulation

NATURE

(GROUNDING, MORNING SUN, FRESH AIR)

5 MINUTES PER DAY!

RECHARGING YOUR BODY AND MIND

LOWER STRESS

IMPROVE MOOD

INCREASE ENERGY



# Regulation

BONUS

(WATER FIRST, LESS CAFFEINE, MOVE BODY EARLY, MUSIC)

HYDRATION

DIGESTION

BRAIN ACTIVITY

METABOLISM

CONSISTENCY

HEALTHY CHOICES

MUSIC

CLASSROOMS

HALLWAYS

DOWNTIME





# Regulation

## BREATHWORK

(BOX BREATHING, LONGER EXHALES, HANDS TO HEART AND BELLY)

## MOVEMENT

(LEGS UP THE WALL, CHILD'S POSE, LOTUS / EASY SEAT)

## NATURE

(GROUNDING, MORNING SUN, FRESH AIR)

## BONUS

(WATER FIRST, LESS CAFFEINE, MOVE BODY EARLY)



# Regulation

## YOUR PARASYMPATHETIC NERVOUS SYSTEM

BALANCED HORMONES

CONTROLLED FULL BREATHS

REST AND DIGEST

COGNITIVE FUNCTIONING

STRONGER IMMUNE SYSTEM

HEALTHY APPETITE





# Here's the thing...

NOT GETTING EASIER

BE OUR BEST WHERE WE ARE

LOWER CORTISOL LEVELS

INCREASE SELF-EFFICACY

OM / BUSY BEE BREATH



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# Q&A

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A large, soft watercolor splash in shades of light blue, lavender, and cream, located in the upper left quadrant of the slide.

# Thank You!

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