

YOGA FOR EDUCATORS SELF CARE



PBIS SUMMER INSTITUTE JUNE 2026

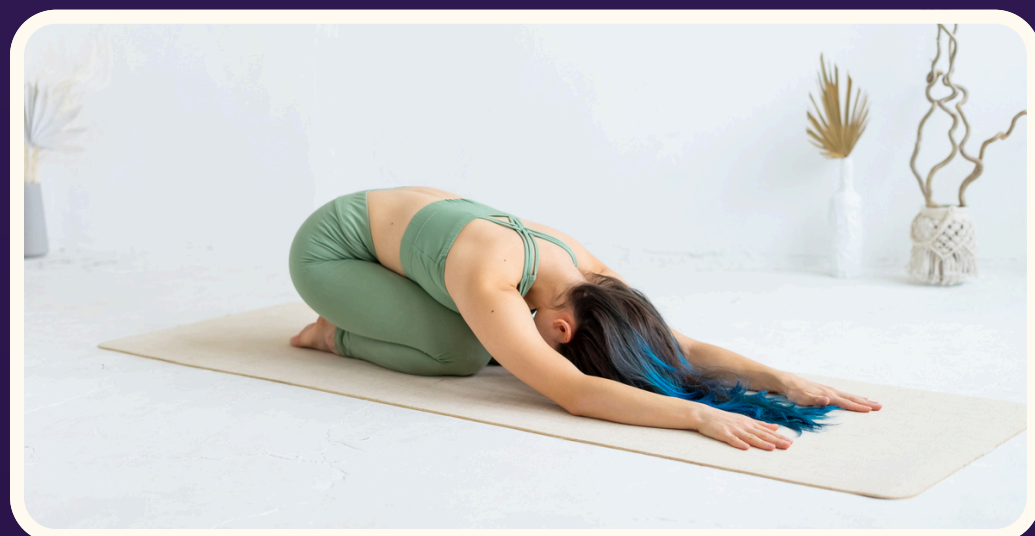
Session Outcomes

Benefits of yoga & breathwork

yoga flow sequence

Q&A

Breathing techniques
& one pager of poses





WHO DO WE HAVE IN THE ROOM

What are our roles?

Teachers

Paraprofessionals

Administrators

Behavior interventionists

Other?



OUR STORY



WHAT IS YOGA?

Yoga is a practice of movement, breath, and presence. It invites us to slow down and connect with ourselves.

More than poses, yoga is about awareness - a quiet moment to be fully here and now.



Benefits of yoga

- Calms anxiety
- Improved focus and cognitive function
 - Boost concentration, memory and attention span



BENEFITS OF YOGA IN SCHOOLS

**CALMS THE NERVOUS SYSTEM TO
PRIME FOR LEARNING**

**NON COMPETITIVE- BENEFICIAL FOR
ALL FITNESS & ABILITY LEVELS**

**PROMOTES POSITIVE BEHAVIOR
THROUGH MOVEMENT,
ENGAGEMENT, & MINDFULNESS**



BENEFITS OF YOGA IN SCHOOLS

**TEACHERS THAT PRACITCE
YOGA IN CLASS REPORT
INCREASED LEVELS OF
PATIENCE**



Beyond the Poses

A stylized illustration of a woman with long red hair, wearing a purple long-sleeved top and green patterned pants, in a wide-legged yoga pose with arms extended. Behind her are several colorful, triangular rays in shades of blue, green, yellow, and pink, radiating outwards. The background is a light yellow gradient.

*Yoga as a practice is
ACCESSIBLE. It is
designed and practiced
to be accessible by all*

*Accessible
modifications to the
practice are the
name of the game,
almost as if it were
designed for school
use!*

A FLOW

in Motion



- Centering
- Warm-up
- Standing poses
- Seated stretches
- Relaxation





QUESTIONS?

Contact us

Emily Vargo: emily.vargo@nkcschools.org

Laura Foster: laura.foster@nkcschools.org

Please complete the survey in the
Guidebook App