



Yoga at Summer School.

By, Angela Thomas Jones, MA, LADC, Registered Yoga Teacher

www.AngelaThomasJones.com 603 616 2019

This summer Daisy Bronson student Christian Keach and his teacher Doreen Cregg-Archibald practice yoga as part of their summer school routine. Last summer Christian was introduced to yoga as part of his summer school program. Here Christian is doing his favorite pose, Savasana; Sava means “corpse” and asana means pose. In spite of its name, this relaxation pose has many benefits. Christian enjoys using soft eye weights to practice this relaxation technique. His teacher, Doreen assists him in using the eye weights. The eye weight used on the eyes can be relaxing to the muscles and tissue around the eyes as well as provide a practical way to help the eyes remain closed. During this relaxation pose, Christian and his teacher use another eye weight on his belly to help increase his awareness of breathing. Here he is practicing “belly breathing” and using the eye weight on his belly to help focus using his breath to move this eye weight up with each inhale and down with each exhale. This simple technique has many benefits when practiced on a regular basis; enhances awareness of the respiratory system & strengthens ability to regulate depth and rhythm of breathing, releases tension and anxiety, and promotes calmness. Most importantly, deep breathing helps maximize the ability of the lungs to take in oxygen and oxygen is brain food! While in the classroom, belly breathing can be used as a strategy to help focus and calm the mind during studies or preparing for a test. At home you can make your own eye weight using rice and dried herbal mixture of your preference for the added benefits of aroma therapy. A warm eye weight can be especially soothing for sinusitis & tension headaches.

Daisy Bronson Middle School Student Christian Keach and his teacher Doreen Cregg-Archibald practice relaxation pose, Savasana