

Yoga for Young Minds

2016-2017

with Christopher Love, E-RYT

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With special thanks to the MVMS Physical Education Department:

Alex Aquino
Ryan Odea
Melissa Palmer
Sarah Petrini

Photography: Justine Corey-Whitehead

In 2016 – 2017, the students of Mill Valley Middle School were introduced to the practice of mindful yoga.

Students were asked to focus, quietly and respectfully alongside each other.

They learned yoga basics, building strength, flexibility and balance skills. The postures and breathing challenged them. The stillness and silence changed them. We became more present with each other.

This is their story...

Students wrote and shared their experiences of Yoga.



The testimonials in this presentation are a small, representative sample from hundreds collected, with overwhelmingly positive feedback.



“I felt like I learned how to connect to myself and learn how to respect my body.”

“Very peaceful, Mr. Love was a very good teacher. I might to do yoga more. It is relaxing me. Makes me feel inspired.”



“While doing yoga, I felt calm and relaxed. Although at the same time it pushed me to my edge.”



“I think Yoga was very relaxing. It helped me focus during the rest of the day. It also made me more flexible.”





“I enjoyed being able to feel calm. I was surprised how hard some of the stretches were. I am now better at yoga and I can almost touch my toes now! I've become a lot less tight now.”



“It was fun being able to try something new and different. The poses are difficult but it is a good challenge. It was very relaxing. My body felt great after.”



“I really felt calm and balanced this week. I found that it was really stress relieving. I learned that my mind wanders a lot, and that I should work on being more concentrated. I feel stronger after this unit!”



“Enjoyed feeling fresh and relaxed after school before I had to go to dance practice. I learned that yoga isn’t just different positions, but it’s a bunch of stretches connected into one fluid movement.”

“Yoga gives
you a time
to center
and be with
yourself.”



“I learned that my body can go into a different state of calmness. I learned that Yoga is a mindfulness and relaxing activity. You get really loose when doing yoga.”





“My experience in yoga was really great. I learned that if you put your mind to something you can do it. Yoga has taught me that I am strong and flexible. It helped me relax.”



“I learned that Yoga is challenging, but also relaxing at the same time.”

“My first day after I
was really relaxed
and happy with what
it did to my emotions.

I would love to do
this again in eighth
grade and at home.”





“Was fun to do something different.”

“I felt calm. I enjoyed finding peace. Some of the moves were challenging because I am not flexible. I learned that I have the ability to find serenity. I learned how to control my breath.”



“These last three sessions I learned how to feel my breath really flow through me. I had fun. I had more control and was less stressed.”



“I enjoyed trying to be present. Yoga made me feel relaxed. It was a good break from the normal PE class. My body feels very loose after yoga.”



“Doing yoga helped me relax. It also helped me focus more in my classes.”





“I enjoyed the peaceful space we were in while doing yoga. I learned I am more flexible than I thought I was. I'd like to do it again.”

“My experience was very peaceful. Each and every day was new but each and every other day I became more and more sore. Yoga is very interesting.”



“I liked how relaxing it was. It challenged me personally and constantly pushed me. I was challenged by how patient people need to be. I was also challenged by being still and one with my breath.”





“I learned more about how often my mind wanders and how I could concentrate. I enjoyed how relaxing and enjoyable Yoga really is. I learned how to calm myself and accept my feelings.”

“Yoga made me feel mindful about myself, and it made me relaxed. It’s a challenge for me to be still. I liked how quiet it was. I enjoy the peacefulness of the class. It was a nice break from the other activities we do in PE.”



“I learned that I think a lot about things so it was nice to clear my mind. I think Yoga is a good way to conquer anxiety because you try to live in the present.”



“I liked Mr. Love
because he is calm.”





“I liked that
it calmed
me down.”



“I enjoyed the quiet endings.
At the end of every class, I
felt relaxed and at peace.”