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Greetings, everyone. I'm Dr. De Bill Williams, professional development director for Engage in Creative Minds. And I'm super excited to be here with you today as we have one of our amazing teaching artists, Ms.. Erin Lee, who is a dance choreographer. And she's going to be sharing with you the importance of yoga, breathing, calming and focusing your mind as it relates to your learning in the classroom.

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Right now, we're going to hear from his Aaron Lee. Hi, I'm Erin Lee. And I'm a dancer and a choreographer. I use yoga a lot as my dance training. And today I'd like to share some poses with you. Let's begin. We're going to begin with our feet directly underneath our shoulders. And so I might put my fingertips on my shoulders so I can kind of sense where they are, make sure my feet are right underneath them.

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I might even tap my heels and tap my toes and then try to center my way right over the arch of my foot, pretty much where my shoe laces would be. When we do some movements, we might bend our knees, and when we do so, we want our knees to track right over the tops of the feet. So we don't want them to roll in or roll out.

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We want to imagine that there's a stirring coming from the ceiling and it's going right through the center of our body. So we're kind of dangling from that string that will help us to have a nice, long spine. The first pose we're going to learn is sunshine arms with ocean breath. Here we go. We're going to take our arms out wide into the side, lift them way up to the ceiling and take our focus with us.

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When the palms touch, we're going to drag the hands right in front of the face to the heart center. Let's add bending our knees. So we're going to bend our knees, take those arms out and wide to the side, reach them up and long. And then we're going to again bring the palms near fingertips going right past the nose, right to the heart center.

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Let's add some breath. So, again, bending the knees. We're going to inhale as the arms come up. Palms touch and then we're going to exhale. Making the sound of an ocean or as if we're fogging up a

mirror. And if that breath isn't comfortable for you, then just don't worry about it and just breathe out through your mouth.

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Here we go. Sunshine arms with ocean breath. Big breath in hands come high and wide Like the rays of the sun Exhale drying the palms right to your heart center high And again, a big, breathy and exhale nice. Let's go on and learn cat and cow. These two positions help us warm up our spine. So I'm going to turn to this side and I'm going to bend my knees and put my hands right on my thighs when I exhale, I'm going to round the spine back like a cat stretching, and when I inhale, I'm going to arch the spine the back like a rainbow.

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And I'm going to need to take my heart and my focus up to where the ceiling meets the wall. So let's do that together. Bending the knees, putting the hands on the thighs, taking a big breath in and using our ocean breath. We're going to send the belly back, send the core back and round the spine, inhale taking that spine to tickle, exhale grounding into cat inhale taking the spine to core exhale grounding into cat.

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And let's go ahead and come to neutral position and learn another position. So this is called Forward Bend and we're going to fold at the hips and when we do so, we can bring our hands either to our shins, our feet or the floor. It doesn't really matter. You just want to be able to relax your spine and let it dangle.

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So for me, I really need to bend my knees in order to do that. But you can keep straight news if you'd like to. Here we go. I'm going to bend my knee just a little to start. I'm going to exhale, fold right here at the hips, and I'm going to bring my hands to my knees, taking a big breath in or onto my shins and exhale.

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And if I can go deeper, I might even take my hands a little lower. Inhale, ocean, breath, exhale. Inhale, exhale. And we're going to roll up the backbone by bone through our bent knees. Let's go on. Let's learn warrior One. So we're going to start on the left side. We're going to take our left leg back into a lunge position.

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And I'm going to turn so you can see my the side of me a little clearer. There is a couple different ways to do Warrior One. I'm going to keep my heel lifted, but if you'd like, you can open that foot and put the heel down and your toes would point towards about 2:00 if there was a clock around your body and your hips were facing 12:00.

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I want to if I take that leg back, I still want my hips to keep facing forward and I'm going to bring my hands right to my hips. So I'm going to go back into my lunge position and you decide where you want your foot to be, how far your foot goes back is really up to how stable you can feel because we're here to have a stable position.

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This front knee notice that it's bent my back knee. Notice that it's straight and my front knee. I want to make sure that it's not too far forward over the toes or too far back on the heels. So I want to center it right over the foot, which means my knee is about over the arch where my shoe laces would be.

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So let's begin. We're going to take that right, that left foot back. Here we go. And exhale, taken, inhale and exhale. If we want to make the pose just a little bit more challenging, we can take one arm up to the ear and the other arm to meet it. We can even take our hearts and our gaze up to where this ceiling meets the wall.

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Palms are facing each other. Take a big breath in here and ocean breath. Exhale. You might even find that you get deeper into your stretch. Let's take the arms out to the side. Bring the legs together. Let's do either leg so right leg back Finding that comfortable lunge position Remember that knee is right over the foot. Yes. Let's take a breath here.

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Big breath in and exhale. Let's add those arms, big brother. Exhale. Big breath. It and exhale. Bringing the feet together. So now let's do a sun salutation. We're going to put all of the poses that we've learned together into a little sentence and flow from one to the next using our breath. So we're going to do Sunshine, Arms and ocean Breath.

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Then we're going to do Forward Bend. We're going to leave out how. Then we're going to need to do Warrior One with the left foot back. We'll do sunshine, arms and ocean breath again, and then we'll repeat that whole sequence one more time. Ready? Let's get those feet right underneath ourselves. Feeling nice and grounded. Long spine palms are facing the legs Take a big breath in sunshine arms reach like the ray of the sun Big breath in palms come touching Exhale Folding right from your center Take a breath in exhale and rolling back the hands to the hips Let's take that left leg back Exhale.

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And if we're ready, we'll take those arms high and exhale. Aggressive and exhale bringing the arms to the hips. And another big breath in and exhale. That was our first sun salutation. Let's do our other side. The aggression reaching those fingertips high exhale. Calming the mind and the center folding all the way over Take a breath in really let the spine dangle and exhale the egg breath in Exhale rolling up bone by bone Let's bring those hands to the hips.

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We're going to do our other side. And that's right. Leg back, big breath in. Maybe we're even getting a little deeper in our stretches now. Warrior One, Remember, you can always keep your hands on your hips. We want stability, calm and confidence. Nice, long fingertips exhale and we end with sunshine, arms and ocean breath. Good job. Let's do another pose.

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So we're done with our sun salutations. We're going to take our feet a little wider than our shoulders. So again, I'll tap my shoulders and then I'll take my feet just to the outside of them. We're going to take the arms out to the side. This is Star Pose. Let's take a breath and and exhale. Right. Let's make just a little change.

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What if we took our palms up? How does that change the way the position feels? Here you go. Big in an exhale. That's cool. Let's put the palms back facing the floor. We're going to add a twist. So I'm going to twist into my right side. And so that means my right arm is back and my left arm is forward.

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My toes are still facing forward, but I'm allowing my hips to twist and I'm taking my whole back and I'm looking over those right fingertips. Big breath in and exhale. And if I want my stretch to be a

little bit more intense and twisty, I can take the back hand. That's my right. And I can take the back of the hand and wrap it behind myself.

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And I can take my left hand, the front line and wrap it across my belly. Still looking over that back shoulder. Big breath in. Woo, pull, get a little more twist and big breath it exhale bringing those arms of activity Let's do the other side twisting, looking over the left side. We'll take that hand behind and the hand across and take a big pressing and exhale, handed a breath in and exhale as we come to the front.

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Cool. Shake it out. One more pose. So this is even more of a balance challenge. And it's it's a pose to help really bring focus and awareness. So what I want to do is I want to shift all of my weight over to my right leg. And when I do so, I'm going to bend my left knee to the ball of the foot and I'm going to open my knee and bring the foot into the ankle.

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Now, this is already a little bit of a balance challenge. You can keep one arm on a chair or a desk if you need to, or you can bring the arms, too. You can bring the palms to your heart center. But we have some variations we can try here. We could take this left foot and we could take it to the level of the calf pressing the foot into the leg.

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And that's what helps bring that balance and control. We don't want to put our foot on our knee because we don't want pressure on our knee. If you want to be really tricky, you can grab the ankle and press right into the thigh. So a couple of different challenges for you there. Let's begin. Let's center our weight over both feet, shifting our way over to the right foot, bending the left knee and opening it, taking it to the ankle, palms to heart center and exhale.

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And if you want to make go ahead and make that adjustment, you can. And I'm actually going to try to take my arms up by my ears, palms facing together, pressing the foot into the hand, into the leg and the leg into the foot. Remember, not the knee. And we'll bring the hands back down to the hips, replace the foot, shake it down.

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I felt a lot of work in my leg. I'm not sure if you did, but I did. Let's do the other side. So we're shifting all of our weight onto our left leg, bending the right knee, opening it up, bringing it to the ankle, palms to the heart center. Big wrapping and exhale. And if you're ready, a little trickier pose the key.

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The key here is to focus on something right in front of you or slightly lower, and everyone's falling out of that pose. That was a lot of fun and kind of tricky. Okay. We're going to end with just a couple more things. Let's take those arms out to the side. Let's take that little bit of a wider stance and we're going to do some turning.

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This isn't really a yoga thing. It's just that when we do some turning, it helps take us off balance. And then when we come back, it brings our brains and bodies together in a good way. So let's try. Let's try turning to the right side. Ready? Four times. Here we go. And turn to three, four. And we're about to do one too many and we'll go and refocus the feet, refocus the center, refocus the vision.

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Yep. It's a little bit of they call it vestibular. It's waking up your gravity senses. So we're going to go to the other side, ready to our left side, ready. Here we go. And one, two, three and four. I'm going to remember to stop this time and take a progressive oh, and exhale. So when I see the word yoga, I'm wondering what that might mean to you.

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Maybe you've seen a yoga studio in your neighborhood, or maybe you've seen people who have taken yoga classes or maybe you have, or maybe it's completely unfamiliar. But yoga comes to us from India, and sometimes people think yoga is only for a certain kind of person or a certain kind of body type. But really, yoga is for everyone.

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It yoga means bringing the breath, the body and the mind together. And so if you're feeling stressed out, you can use your breath and focus on your breath and do some of your yoga movements. And it can help bring calm and groundedness. And then so on top of that, like helping to see how you feel stressed. So if you're feeling like you can't catch your breath or your muscles are tense or you're very anxious and worried, that's an indication that you might be feeling stressed.

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And stress can happen from negative and positive things. So next, some negative things like if you forgot your homework or you're having a fight with your family, or maybe you just don't want to be at school today, those things can cause stress and then happy things. For example, if you are very excited about something that's going to happen this weekend and you just can't calm down and you're really distracted, that's a happy stress.

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So you have this thing called breath in yoga, which can help bring calm, and you can do this with me. It helps bring a union from your breath and your body and your mind, bringing them in union together. Let's end with one more sunshine, breath, sunshine, earth and ocean fret. Here you go. Right underneath this nice and grounded big breath in palms that's exhale a nice and quiet.

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Thank you. Wow. Wasn't that just amazing? I don't know about you, but I really feel relaxed. I feel calm, and I feel focused, which is the idea as it relates to doing yoga. And it's so important in the classroom, especially now we're living in and teaching in post-pandemic. And it's so important for our children and our teachers to be self aware and to learn how to properly navigate all of their emotions and learn how to really make good decisions.

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And all of that comes through slowing down, pausing, breathing and refocusing our efforts so that we can move forward and be successful through our teaching and learning early is so amazing. So stay tuned for a session to of Dancing Matters.