



# Facilitating Yoga and Mindfulness

**2-3**  
*min*

## ACTIVITY OPENING, WELCOME CAMPERS!

- **Every activity begins with an enthusiastic HELLO & Welcome to Yoga and Mindfulness!** NOW introduce yourselves as their Yoga A.C's! Remember 1st is Last & Fast! Campers will love their time at Yoga, as much as you do! Have so much fun!
- **NOW it's time to share names, by leading a NAME WHIP!** This builds community & connection! Get creative & circle up! Ex. Ask them to share their name & something you do down the hill that makes you feel calm.

**3-5**  
*min*

## YOGA WITH INTENTION - EVERY OPENING NEEDS A 3 KEYS & 4 OUTCOMES DISCUSSION

Refer to '**Yoga with Intention**' on the next page to guide you in having a 3 keys & 4 outcomes conversation with campers at the start of each activity period.

- Please address all 3 keys AND talk about what we hope they experience/gain from their time at Yoga!

**50**  
*min*

## TIME TO GROUND!

**On the resources pages to follow you will find the step-by-step guide to facilitating yoga and mindfulness.**

There is a lot of flexibility in how you can set up this program. The next few pages of this guide are designed to give you the launching pad for the core elements that should be included during each activity period. Feel free to rearrange or add as you see fit! This activity is designed to be fun, relaxing and educational.

**5-7**  
*min*

## CLOSING TIME!

**Thank them for participating!** -- Be specific, what were some great qualities you saw in campers? Tell them! Encourage them to do the same!

**Closings are a perfect time for reflection!** ex. Name + are you feeling different then when you started the activity, tell us how?! or they're name + something they learned that they wanna try at home.

# Yoga with Intention

COUNSELORS ARE ASKED TO HELP CAMPERS GROW IN CAMP'S FOUR OUTCOMES. DURING YOUR ACTIVITY OPENING TELL THEM A LITTLE ABOUT WHAT WE HOPE THEY GAIN FROM THEIR EXPERIENCE AT YOGA:

## SOCIAL COMPETENCIES

Practice patience  
Manage big feelings  
Allow others to shine  
Follow facilitator instructions  
without distracting others

## POSITIVE SELF-IDENTITY

Try something new  
Step outside comfort zone  
Participation  
Patience



## INDEPENDENCE & SELF RELIANCE

Manage uncomfortable feelings  
Utilize learned mindfulness skills  
*ie. breathing, quiet reflection, and  
intentional action*

## SENSE OF SUPPORT

Encouragement  
Participation  
Helpfulness

## 3 Keys to Success

### Physical Safety.

Some poses will be harder for some, please recognize your physical limits, while stretching your comfort zone physically.

We should only do what feels comfortable for our own bodies.

### Emotional Safety.

It's important to create a supportive environment at Camp! Let's all remember to be encouraging, kind & helpful!

### Respect Camp Facilities & Equipment

Have fun, but remember the equipment and supplies need to last the session, summer & for years to come. Please use with care.

Each camper will be asked to wipe down their own yoga mat at the end of each activity

# Yoga & Mindfulness Activity Flow

## Core Activity Elements

### Opening Stretch - 5 minutes

- Start out with an opening stretch – this can be whatever you want. You can have a camper lead it or ask for some stretches that they all like. Start in the upper body and make sure you stretch out the arms and then move down to the lower extremities. All the while, make sure to emphasize the importance of stretching before doing any kind of physical activity.
- Some good stretches to include:
  - slowly moving your head from side to side/up and down
  - roll your neck around in a circle – front to back and then reverse direction
  - stretch one arm up at a time; try to touch your toes.
  - Feel free to add any good stretches you know!
  - Keep in mind varying levels of ability.

### Breathing and Relaxation Exercise - 5-10 minutes

Tell campers that breathing can be a great tool to calm ourselves when we are feeling big feelings like when we're overwhelmed, anxious, excited, nervous, etc. Breathing is our quickest way to feel calm in our bodies, and mind. It is also something that they can practice anywhere and at any time back down the mountain.

#### Deep Breathing Exercise:

- Have campers sit upright, cross legged, or in whatever way is most comfortable to them, and have them close their eyes.
- Have them breathe in through their nostrils to the count of five, hold their breath for five, and then exhale to the count of five.
- Tell the campers: "As you breathe in, you are bringing in love, joy, and calm."
- Tell them on an exhalation: "As you breathe out, imagine any difficult feelings – sadness, boredom, anger, or tiredness – coming out through your nose, leaving your body and disappearing."
- Repeat this practice as many times as you feel necessary - please try to do at least 3 times.



# Yoga & Mindfulness Activity Flow

## Core Activity Elements

### Yoga Portion - 15-20 Minutes

Start off the Yoga portion by again reminding campers that the objective is to be kind to their own bodies, so they should only do what feels comfortable to them.

- Child's pose: Before beginning the Sun Salutation sequence, a really good pose to show the campers is Child's pose.
  - Teach them the pose and tell them that it is a great alternative to any pose that makes their body uncomfortable. Child's pose is also a great pose to get in to any time they're feeling stressed or need to relax!
- Sun Salutation A: Tell campers that sun salutation A is a great way to clear stress, and is often practiced in the morning to start the day off by gently getting their blood flowing, allowing them to start a day more grounded.
  - The key to sun salutations is being able to coordinate your breathing with your movements, so it is imperative to make sure the campers know that with each subsequent move you are going to alternate inhalations and exhalations.
  - Inhales tend to go with upward movements while the exhales will go with relaxing or downward movements. Also, remember that you can do this sequence as slowly as you need to make sure that everyone is comfortable.

You can refer to the back of the binder for the sun salutation A poses. Don't worry too much about positioning, but make sure to be mindful of alternative movements for those who do not have the strength for certain poses – utilize cabin counselors to assist you in guiding these campers, and remind them that they can always go into Child's pose if something is uncomfortable!

- If you have time and feel comfortable with the poses, you can now lead the campers in sun salutation B. Alternatively, you can lead them in a few more rounds of sun salutation A.



# SUN SALUTATION

## Sequence A



1.

**Tadasana**  
Standing  
Mountain Pose



2.

**Utthita Hastasana  
in Tadasana**  
Arms Extended  
in Mountain Pose



3.

**Uttanasana**  
Standing  
Forward Bend



4.

**Ardha Uttanasana**  
Half Forward Bend



5.

**Chaturanga  
Dandasana**  
Half-Plank  
Position



6.

**Urdhva Mukha  
Svanasana**  
Upward-Facing  
Dog



7.

**Adho Mukha  
Svanasana**  
Downward-Facing  
Dog



8.

**Ardha Uttanasana**  
Half Forward Bend



9.

**Uttanasana**  
Standing  
Forward Bend



10.

**Utthita Hastasana  
in Tadasana**  
Arms Extended  
in Mountain Pose



11.

**Tadasana**  
Standing  
Mountain Pose



# Sun Salutation A

## Begin and End

### 10. Inhale

Raise torso, extend arms over head, arch back.

Stand tall, feet together on ground, hands together at chest.

### 1. Inhale

Lift arms over head, lean hips forward, arch back.

### 9. Exhale

Come up halfway to flat back.

### 2. Exhale

Chest forward and knees slightly bent. Fold in.

### 8. Inhale

Feet forward between hands. Slightly bend legs. Fold in.

### 3. Inhale

Come up halfway to flat back.

### 7. Exhale

Lift tailbone, push back. Keep your back straight, knees slightly bent.

### 4. Exhale

Both feet back in plank, back straight with shoulders over wrists.

### 6. Inhale

Straighten legs, hips forward, bend slightly at waist. Lift chest.

### 5. Exhale cont.

Lower knees, chin, and chest to floor. Hips high and elbows in.

## SUN SALUTATION

While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

# HABITS

# BREATHE

# SUN SALUTATION

## Sequence B



1. **Tadasana**  
Standing  
Mountain Pose



2. **Utkatasana**  
Chair Pose



3. **Uttanasana**  
Standing  
Forward Bend



4. **Ardha Uttanasana**  
Half Forward Bend



5. **Chaturanga  
Dandasana**  
Half-Plank  
Position



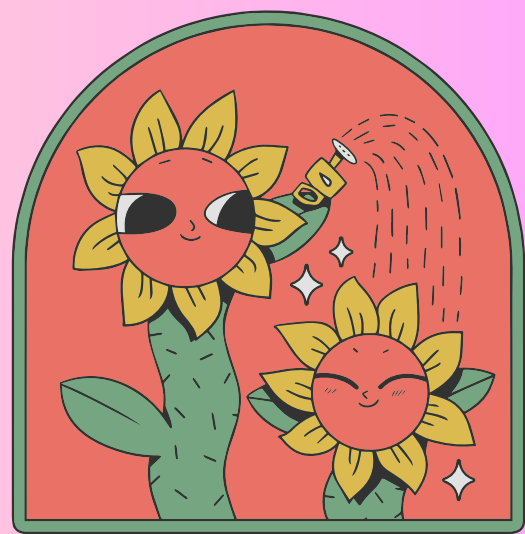
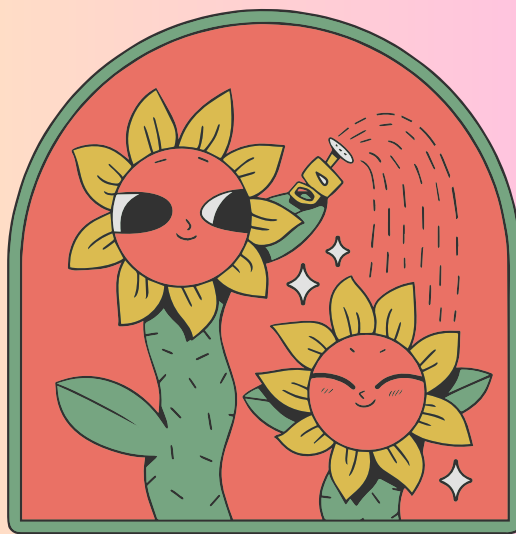
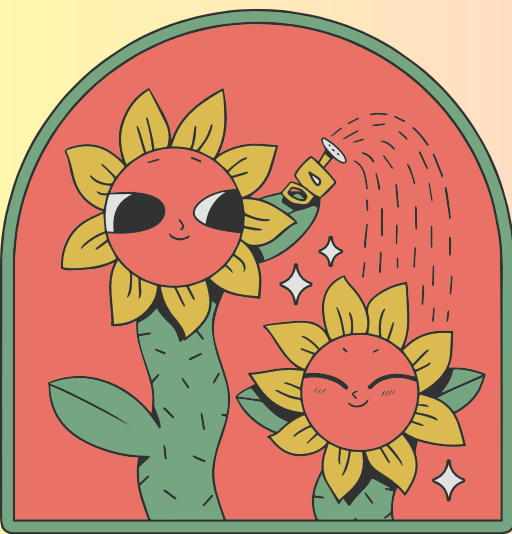
6. **Urdhva Mukha  
Svanasana**  
Upward-Facing  
Dog



7. **Adho Mukha  
Svanasana**  
Downward-Facing  
Dog



8. **Virabhadrasana**  
Warrior 1  
(Right Side)



☞ DO ☺ ☜  
WHAT  
MAKES  
★ YOU ★  
HAPPY

# SUN SALUTATION

## Sequence B



9. **Chaturanga Dandasana**  
Half-Plank  
Position



10. **Urdhva Mukha Svanasana**  
Upward-Facing  
Dog



11. **Adho Mukha Svanasana**  
Downward-Facing  
Dog



12. **Virabhadrasana**  
Warrior 1  
(Left Side)



13. **Chaturanga Dandasana**  
Half-Plank  
Position



14. **Urdhva Mukha Svanasana**  
Upward-Facing  
Dog



15. **Adho Mukha Svanasana**  
Downward-Facing  
Dog



16. **Ardha Uttanasana**  
Half Forward Bend



17. **Uttanasana**  
Standing  
Forward Bend



18. **Utkatasana**  
Chair Pose



19. **Tadasana**  
Standing  
Mountain Pose





## Prepping for Your Activity

- USE YOUR RESOURCES!!! Your support directors are human resources, don't forget about them!
- Lesson planning can be tough, but the best instructors remain flexible. Have a Plan A and a Plan B. Something that reaches one group of campers may feel different with the next, and the same goes for individual campers.
- Think about your timing...work backwards! How long for your closing? How long will it take to execute this activity? What will your Opening/Intro/Frontloading be?
- Be prepared for each cabin group, HAVE A PLAN!
- SET THE STAGE! Have all supplies and equipment ready to go BEFORE cabins arrive... prep for the morning...prep for the afternoon!

## Facilitation: Things to Consider

The activity experience will vary greatly depending on your activity. Some general tips for successfully working with groups include:

- Think about group comfort
- Think about group size
- Make sure you have their attention & then deliver
- Be clear & concise in your words
- Make instructions easily digestible & age appropriate
- Sequencing - timing when its best to present what information for superb camper engagement
- Front Loading - what information is necessary & helpful to present early or during transitions
- How will you & your Co's share facilitation, who will say what and when and how?!

BE KIND  
TO YOUR  
MIND

## What is the role of the Cabin Counselor at Yoga?

Cabin Counselors are expected to help keep their campers engaged, respectful, and safe. at Yoga, ask cabin counselors to help you:

- Supervise any campers, especially if they're struggling to engage.
- Be on the lookout for dangerous behaviors, intentional or not.
- Cabin counselors should never leave you alone at an activity, 1-2 cabin counselors must always be present.
- Ensure their health & safety - drinking water & wear sunscreen too!

Counselors are asked to stay present and engage with their campers throughout the activity. This can be difficult during an activity meant to relax and center - but we ask that your primary focus be on the success of your campers with their yoga and mindfulness. Cabin Counselors need to also buy into yoga, even if it's not your jam! You're a role model!

## Equipment & Storage

All Yoga equipment and supplies can be found in the storage closet of Med Shed 3. Your support director will point be sure to show you! Please let your program director know if you're running low, want more of something or have a vision for different supplies than what has been provided – we like to make all kinds of dreams come true!

## Health & Safety

- If a participant gets injured send them with a counselor to the Med Shed. (Rule of 3 applies!)
- Should a more serious incident occur:
  - Calm the individual
  - Send an adult to Med Shed for IMMEDIATE assistance
  - Have an adult supervise remaining campers
  - Immobilize the individual
  - Pack and isolate injured area using the activity First Aid kit and supplies
  - Bandage and immobilize in place until safe, proceed to the Med Shed.
- In case of thunder and lightning we ask that you stay inside for the entirety of your activity period. Your Program Director will let you know what indoor space is available to move to. (see Lightning procedure)
- First Aid and Universal Precaution kits are maintained at this activity.