



Incorporating Movement & Mindfulness into the CA CSEFEL Teaching Pyramid

Yoga and Mindful Resources

There are a variety of yoga resources available to you online. You can Google “yoga for children,” “yoga,” “calming poses,” etc. If you are looking for a specific pose, just Google it under images, and you are guaranteed to find it! Also, Pinterest is now a wonderful resource.

Online Resources:

- <http://cainclusion.org/camap/resources-and-links/healthy-mind-healthy-body/>
 - Resources for you that are free and downloadable. This website is continually updated. Not just on yoga, but mental health, physical activity, etc.
- Youtube.com
 - Search for children’s yoga, and there are a variety of short snippets and whole sessions available for ideas and learning.
 - Search for Jon Kabat-Zinn, and you can find a variety of mindfulness exercises he will guide you through, and various short lectures on mindfulness.
 - How to let Altruism be your Guide by Matthieu Ricard
https://www.ted.com/talks/matthieu_ricard_how_to_let_altruism_be_your_guide?language=en
- <http://yogainmyschool.com/>
 - A wealth of information is available here including a variety of webinar that are offered for a small fee. This website you will also find on MAP to Inclusion and Belonging (CAinclusion.org).
- <http://yogahealthfoundation.org/>
 - A non-profit organization with a mission to bring more awareness to the benefits of yoga. They sponsor yoga recess, a national campaign, to bring yoga in the classrooms.
- <http://globalfamilyyoga.com/>
 - A website geared to enhance the wellness of children and families through awareness.

Certification and Training Organizations:

- <http://childrensyoga.com/>
- <http://www.nextgenerationyoga.com>
- <http://yogakids.com/>
- <http://www.move-with-me.com/>

Books:

- Fly Like a Butterfly by Shakta Kaur Khalsa
- Any story you find that you can turn into a movement activity will work – books about jungles, farms, animals or nature are especially good.
- There are a multitude of books and DVDs available now for children.