



Program Description: As part of the middle school enrichment program, students participated in a five week yoga and wellness class after school. The idea was for the students to have fun, move their bodies, and better understand the benefits of wellness practices. We incorporated many of the teachings of Jon Kabat-Zinn and Dr. Andrew Weil, particularly from their jointly authored *Meditation for Optimal Health*. We also greatly utilized the fantastic relaxation exercises from Global Family Yoga's *Chill Children* CD. Finally, we balanced out physical activity with "bookend" lessons on healthy eating habits, with specific emphasis on whole grains, lean protein, and fruits and vegetables.

What Topics Did we Cover?

Week	Topic
One	Wellness (including the importance of breakfast)
Two	The Breath
Three	Intention
Four	Mindfulness
Five	Appreciation (including the fun of trying new whole grains and fruits)

What did the students think of the program?

- The program had a 100% satisfaction rate (82% "excellent" and 12% "very good")
- Example comments include:

- "(My favorite thing was) the move, "bird of paradise."
 - "Having fun!"
 - "(My favorite thing was) the savasana."
 - "Love the teacher!"
 - "(My favorite thing was) learning the different poses and meditation."
 - "The relaxations were so neat!"
 - "(My favorite thing was) "the yoga and learning new things."
 - "(The teacher's) positive, passionate attitude. Great information."

