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Daniel Hoffman
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1. Topic area from the PHE curriculum (Grade 8).
Meditation and breathing.

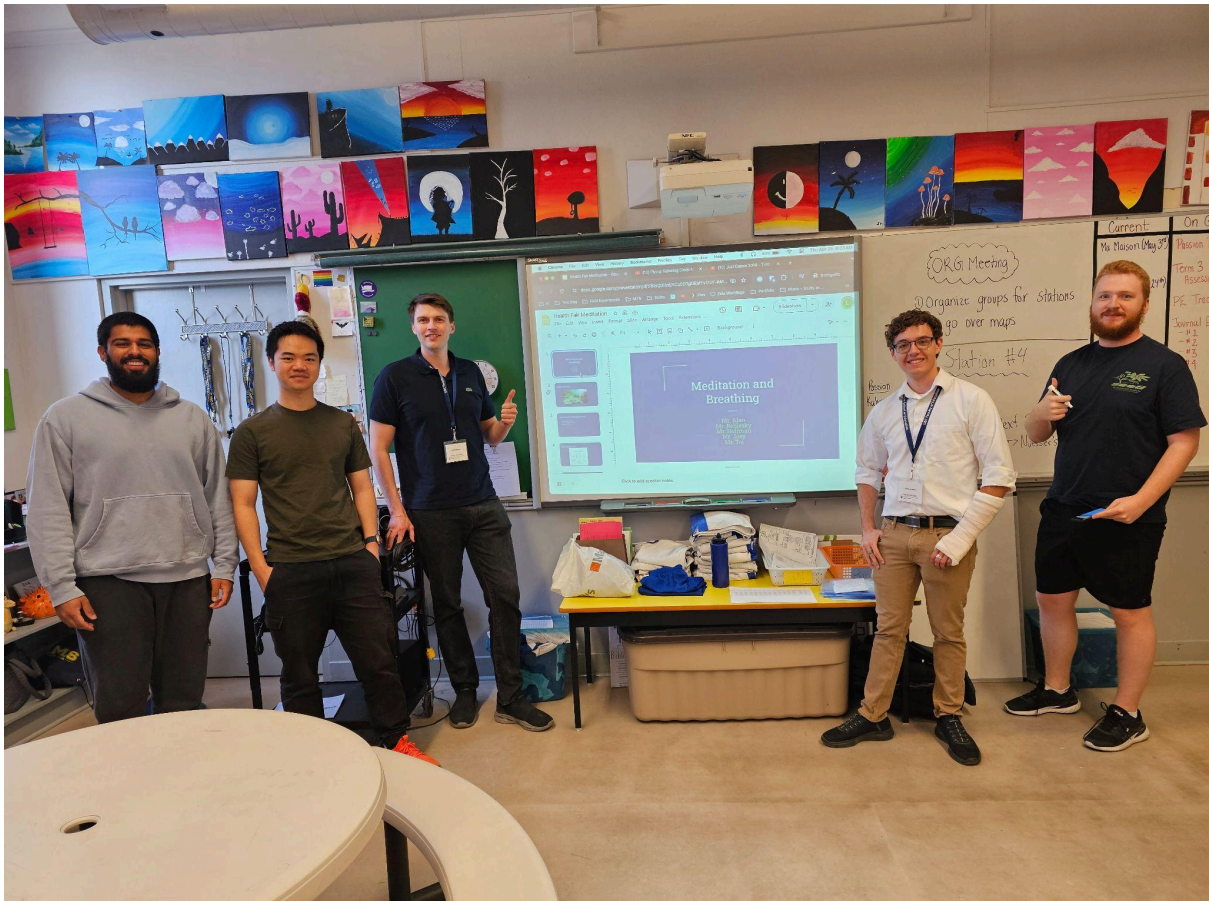
2. State the intended purpose: body break, safety etc.
Calm mind and body, reduce stress, refocus, improve cognitive function, reduce stress, improve productivity and improve overall mental health.

3. Integrates movement that students can mimic –
Please see the attached slides.

4. Seminar-specific content is integrated.
Please see the attached slides.

5. Procedure for students to follow when using the centre.
Please see the attached slides.

6. A photo of your station/poster etc. do not include students in your photo!






Meditation and Breathing



Mr. Alan
Mr. Roblesky
Mr. Hoffman
Mr. Joey
Mr. Taj



Relaxing Music



Importance of Managing Stress

- Improved Mental Health
- Enhanced Cognitive Function
- Increased Productivity

Why Meditation?



Meditation Common Misconceptions



Poses for meditation



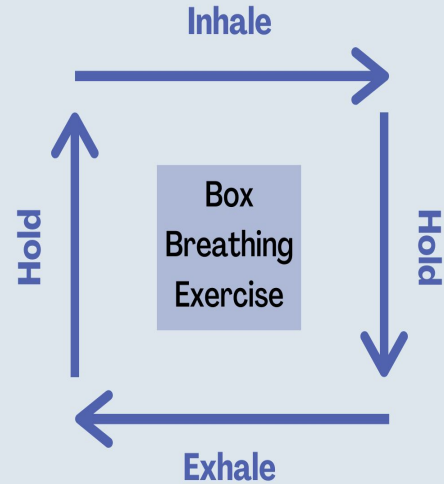
- Keep your back straight while meditating
- Keep your back off of the chair
- Plant your feet flat on the floor
- Place the palms of your hands on your knees/thighs, or place them on your belly
- Lastly, relax all of your muscles so you can breathe freely

Mindfulness Breathing Exercise

1. Relax Your Body
2. Focus on Your Breath: Begin by bringing your attention to your breath. Notice the sensation of the air entering and leaving your nostrils or the rise and fall of your chest and abdomen.
3. Deep Breaths: Take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Feel your lungs fill with air as you inhale, and notice the release of tension as you exhale.
4. Counting Breaths: As you continue to breathe deeply, count each breath silently in your mind. Inhale... exhale... count one. Inhale... exhale... count two, and so on, up to ten. Then, start again at one.

Box Breathing Exercising

- close your eyes, and clear your mind
- inhale for 4 seconds through your nose
- hold for 4 seconds
- breathe out for 4 seconds
- hold for 4 seconds



4-7-8 Breathing

- Inhale quickly for 4 seconds
- Hold for 7 seconds
- Exhale slowly over 8

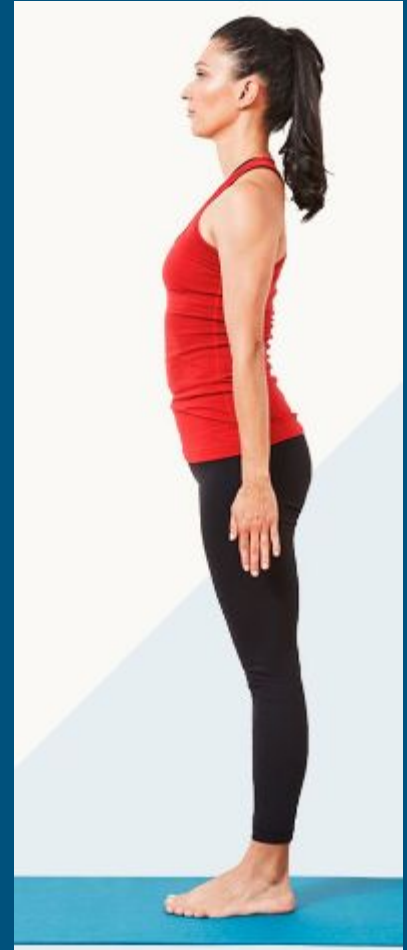
4-7-8 Breathing



Active Meditation

Mountain Pose

- Stand tall with feet hip-width apart.
- Arms by the sides, palms facing forward.
- Take deep breaths, focusing on grounding feet into the floor.



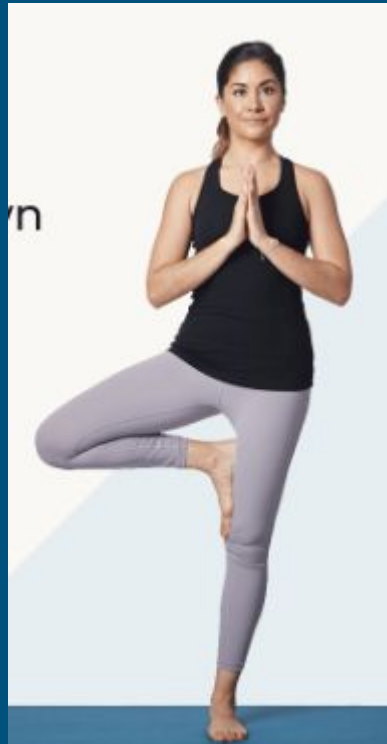
Chair Pose

- Start in Mountain Pose.
- Inhale, raise arms overhead.
- Exhale, bend knees and lower hips as if sitting in an imaginary chair.
- Keep weight in the heels and arms lifted.



Tree Pose

- Shift weight onto one leg, lifting the other foot.
- Place the sole of the lifted foot on the inner thigh or calf of the standing leg.
- Bring hands to prayer position at the heart or extend them overhead like branches.



Eagle Pose

- Stand tall, bend knees slightly.
- Cross one leg over the other, hooking the foot behind the calf if possible.
- Cross one arm over the other at the elbows, then twist forearms around each other, bringing palms together.
- Lift elbows slightly and find balance.



Warrior I

- Step one foot back, keeping it at a 45-degree angle.
- Bend the front knee, keeping it directly above the ankle.
- Reach arms overhead, palms facing each other or touching.



Warrior II

- Step one foot back, keeping it at a wide distance.
- Bend the front knee, keeping it directly above the ankle.
- Extend arms parallel to the floor, palms facing down.
- Gaze over the front fingertips.



Warrior III

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- Shift weight onto one leg,
lift the other leg straight back, parallel to the floor.
- Extend arms forward,
palms facing each other or down.
- Keep the body in one straight line from head to heel.



Tai Chi



Tai Chi

- Tai Chi is a gentle form of exercise that originated in China.
- It involves slow, flowing movements and deep breathing to promote relaxation, balance, and overall health.

Part the wild horse's mane 分开野马的鬃毛

- https://youtu.be/-a-t_8KQfio?feature=shared&t=215

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Just Dance for Fun

