



Yoga for Busy Professionals

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Objectives

- Learn simple, workplace & classroom-friendly yoga techniques to support self-awareness, self-regulation, social and emotional learning, and resilience
- Facilitate learning readiness which improves student achievement
- Improve classroom management while supporting students individual needs, cultivating a positive, peaceful, productive classroom climate
- Become a more effective educator, as you lead and practice these tools with your students and clients

Importance of Yoga and Mindfulness for Yourself

- Numerous studies have supported the efficacy of yoga to improve physical and mental health outcomes (Alexander et al., 2015)
 - Chronic Back Pain (Pati et al., 2018)
 - Improved Quality of Life in the physical, psychological, and social health domains (Patil et al., 2018)
 - Reduce Blood Pressure (Cohen, 2013)
 - Combat Compassion Fatigue (Figley Institute, 2012)
 - Reduce stress and burnout at work (Alexander et al., 2015)
 - Improvement in professionals counseling skills and therapeutic relationships (Schure, Christopher, & Christopher, 2008)
 - Other areas include reduction in headaches, insomnia, and nervousness. (Kauts & Sharma, 2009)



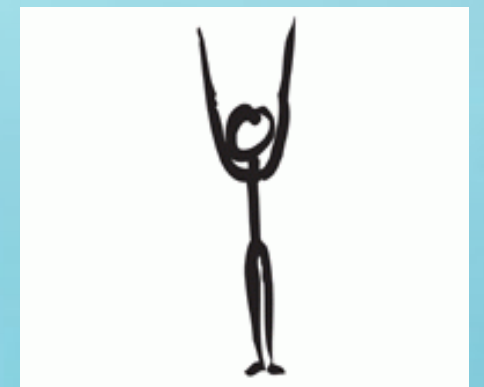
Importance of Yoga and Mindfulness to Student Learning

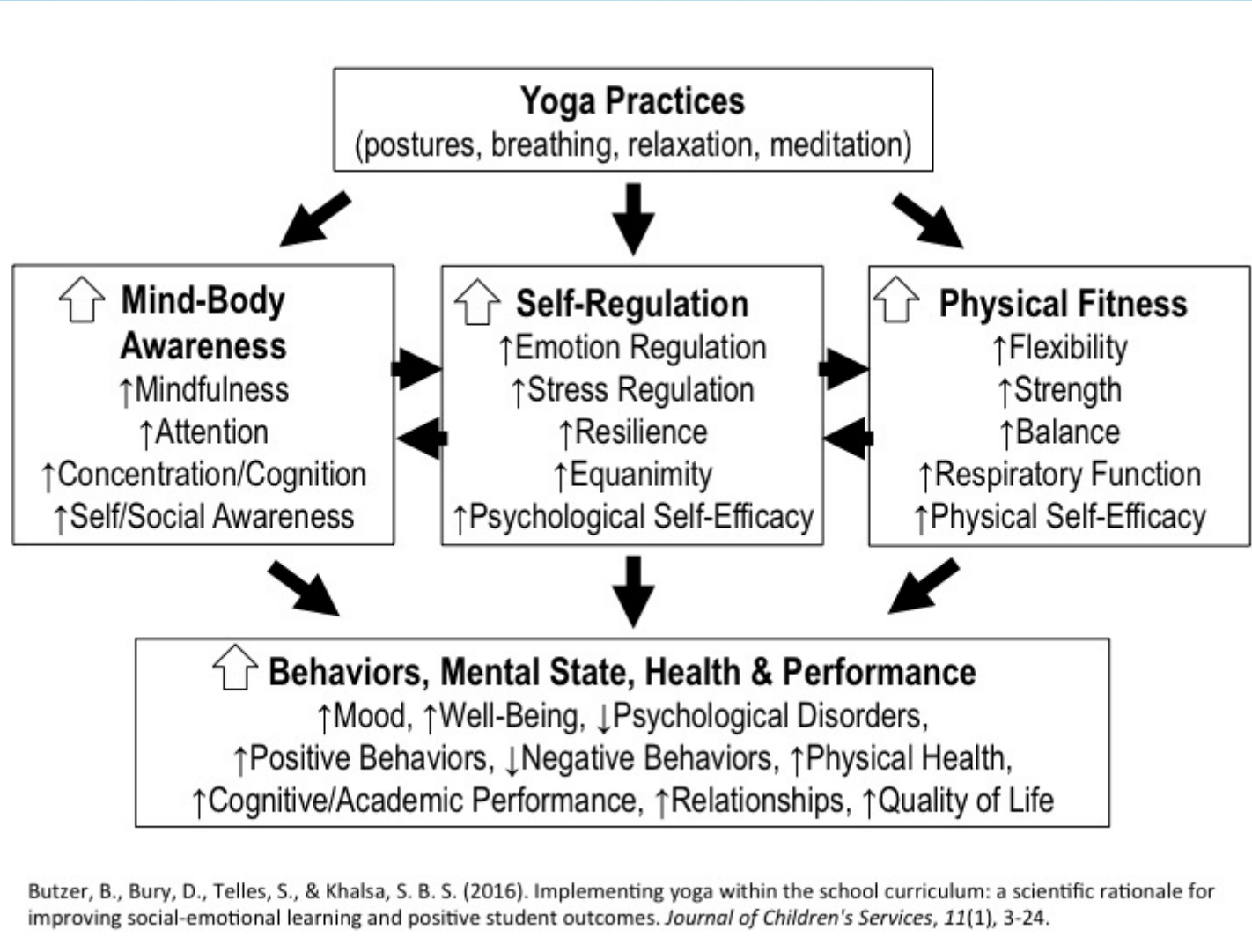
Students

- Positive effects on a psychophysiological level that leads to decreased levels of stress in college student (Tripathi et al., 2018)
- Physiological improvements in strength and perception of menstrual pain in college students. (Tripathi et al., 2018)
- lowers the aggressive and maladaptive behavior of students. (Krauts & Sharma, 2009).
- Increased self-regulation, stress reduction, greater self-esteem and improved physical conditioning. (Wang & Haggins, 2016)

Learning

- Practice of yoga improved test scores in Mathematics, Science, and Social Studies. (Kauts & Sharma, 2009)
- Low-stress students performed better than high-stress students. (Kauts & Sharma, 2009)
- Improves memory and academic performance. (Ferreira-Vorkapic et al., 2015; Wang & Haggins, 2016).





Butzer, B., Bury, D., Telles, S., & Khalsa, S. B. S. (2016). Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services, 11*(1), 3-24.

- Breathing – Pranayama
 - Sit and breathe (mindfulness, awareness)
 - Mountain Pose (grounding)
 - Extended Mountain
 - Crescent Pose (opening ribs)
 - Cat and Cow Pose (spine and neck)
 - Seated twists (neck pain and stiffness)
 - Tree Pose (balance and focus)
 - Warrior One (hips)
 - Seated Pigeon Pose (hips, low back pain)
 - Forward Fold (Hamstring)
 - Dancer – seated or standing (balance and hip opener)
 - Savasanna (sit and breathe)
 - Channel Cleansing Breath (Nodi)

How to get started

For yourself

- Breathing – Pranayama
 - Sit and breathe
 - Mountain Pose (grounding)
 - Extended Mountain
 - Crescent Pose (opening ribs)
 - Cat and Cow Pose (spine and neck)
 - Tree Pose or Eagle (balance and focus)
 - Camel Pose (heart opening)
 - Seated Pigeon Pose (hips, low back pain)
 - Humming Bee Breath
 - Savasanna (sit and breathe)

How to get started

For students

Activity and Learning

Why Move?

- Biological link between movement and learning. (Jensen,
 - Oxygen is essential for brain function, and with enhanced blood flow created through physical activity, the amount of oxygen transported to the brain increases.
 - Movement is an effective cognitive tactic to (1) increase learning, (2) improve memory and retrieval of information, and (3) boost motivation and morale.

Too much sitting is BAD!!!

- Sitting for long periods of time has detrimental health effects. (Levine, 2015)
 - Increased risk of diseases such as obesity and metabolic syndrome,
 - Fatigue, low attention.
- Getting up and moving helps trigger processes that break down fat and sugar in the body instead of stalling these processes.

Where can I get more resources?

- Employee Wellness
 - Email
 - Empwell@uwsp.edu
 - EW Facebook
 - <https://www.facebook.com/UWSPPAWs/photos/a.10150848588086719/10155859825591719/?type=1&theater>
 - EW Monday Message for weekly updates on activities on campus and in the community
- Apps and poses
 - Pocket Yoga
 - <http://www.pocketyoga.com/Home>
 - Yoga Journal
 - <https://www.yogajournal.com/>
- Read more
 - Scientific Evidence for Yoga and Mindfulness in Schools: How and Why Does It Work?
 - <http://www.yoga4classrooms.com/yoga-4-classrooms-blog/scientific-evidence-for-yoga-and-mindfulness-in-schools-how-and-why-does-it-work>
 - A Case for More Yoga on Campus: Yoga as Self-Care for Higher Education and Student Affairs Professionals
 - <https://core.ac.uk/download/pdf/51067241.pdf>

Questions?

