

Yoga Reedville Outcome Report Fall 2010

Background

Thanks to a generous grant from Nike which is supporting new programs for Bienestar children, a new yoga class was implemented for children in grades first through eight living in the Reedville Apartments. The classes were led by Javier Urenda, Youth Program Coordinator, whose position is funded in part by the Nike grant and with the support of Mayra Hernandez, a volunteer with three years of experience in yoga. The class provided the children with an introduction to yoga while allowing them to receive other benefits such as:

- Calmness and relaxation
- Flexibility
- Improved self-esteem
- Reduced stress
- Deal better with their emotions



Attendance

A total of twelve children participated in the 5 week class: 8 girls and 4 boys. We met every Wednesday, November 10 through December 8, 2010, from 4:00pm to 5:00pm in the community room at the Reedville Apartments in Aloha. Yoga mats were acquired for each child to help them feel more comfortable while exercising.



Because each child had his or her own space, the children were able to achieve free range of motion, and the instructor had better control of the group. Natural background music was used which helped the children relax during the yoga sessions. The music was just loud enough so that it could be heard along with the teacher's instructions and suggestions. The class

environment, created with music and low lights, helped the children feel more comfortable and secure during each yoga session. The children wore comfortable clothing that allowed them to move freely. Closing the blinds on the windows and covering the glass door eliminated visibility into the classroom from the outside and generated an atmosphere where the children could feel more confident in their movements.

Following the teachers instructions, the children arranged themselves on their mats in a circle. We started with breathing exercises while simultaneously making hand movements in and out. We then began warming-up by stretching different parts of the body such as hands, arms, neck and feet. Later, we began practicing and learning more intensive movements such as the mountain, the warrior and the frog. At the end of each session we would rest in the face up position, relaxing the whole body after the intensive movements.

Outcome

During the five classes we had 90% attendance and the children demonstrated a lot of interest in yoga and its benefits. In the final class, all participants received a yoga book to motivate them to continue practicing at home. They learned how music used as background will help them calm down and get relaxed during tasks that require concentration. They learned to respect their body and to not force too hard because they would hurt themselves. The importance of drinking water instead of other drinks after physical activities was also taught.

Respectfully Submitted,
Javier Urenda

