

Mindfulness in Education

<http://sites.duke.edu/mindfuleducation/>



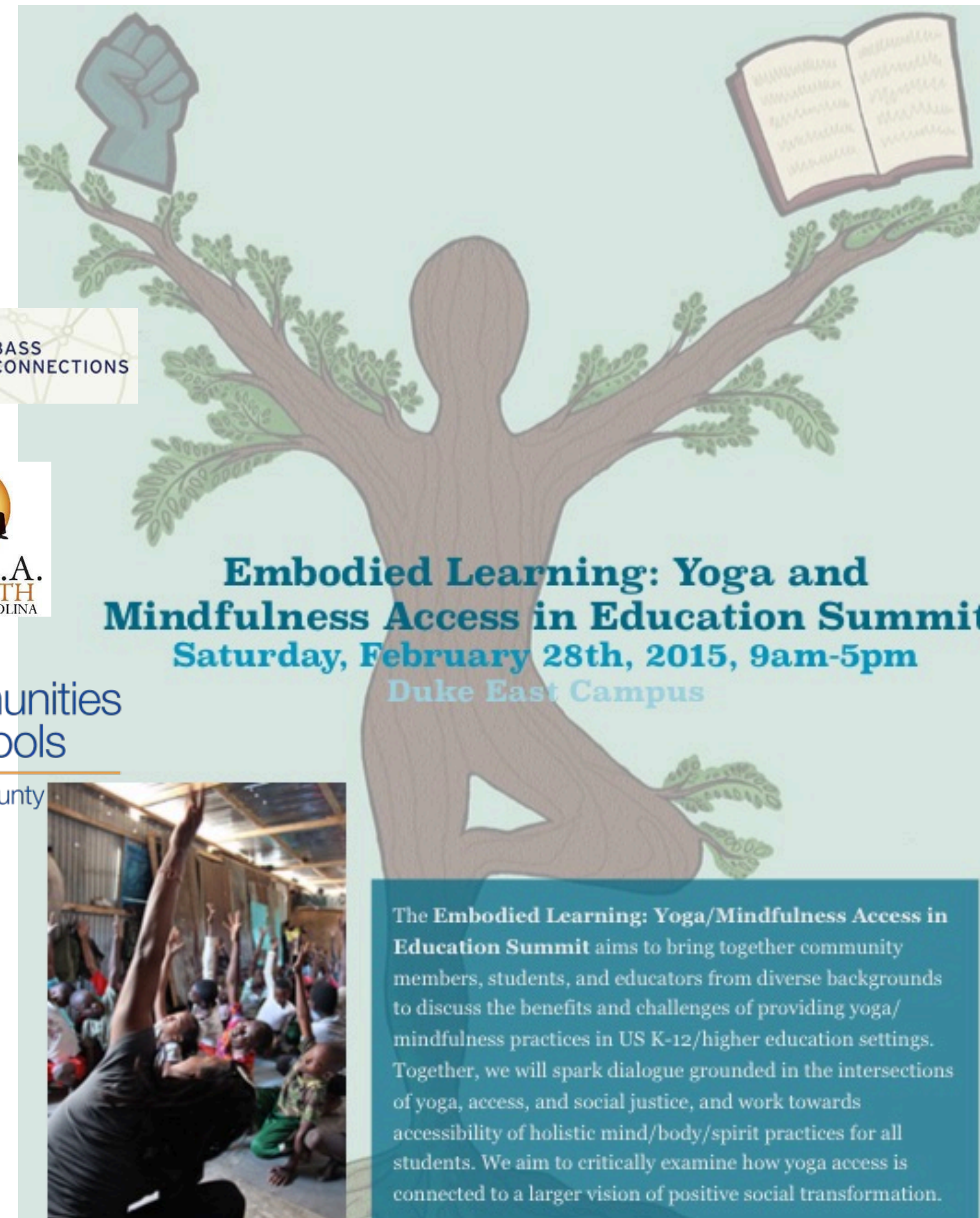
Students: Sarah Pederson (UNC-CH), Moriah Glenn (UNC-CH), Anna-Katalina Bock (Duke), David Levy (Duke), Haley Mendoza Romero (Duke)

Faculty Advisors: Professor Keval Kaur Khalsa (Duke) and Dr. Michele Tracy Berger (UNC-CH)



Background and Goals

- Interdisciplinary team of UNC-CH and Duke students/faculty studying the effects of yoga and mindfulness practice in K-12 education settings in a multi-year qualitative/quantitative study through Bass Connections
- Partnerships with local community-based organizations: Y.O.G.A. for Youth and Communities in Schools
- Goal: to promote dialogue around yoga in US education systems and to spark accessibility to yoga/mindfulness practices



Embodied Learning Summit: February 2015

- Day-long conference hosted on Duke East Campus including yoga practice, keynote speaker Michelle Johnson, lunch, and workshops centered around yoga access in education
- Participation from over 50 students, community members, educators, and scholars from all over the Triangle

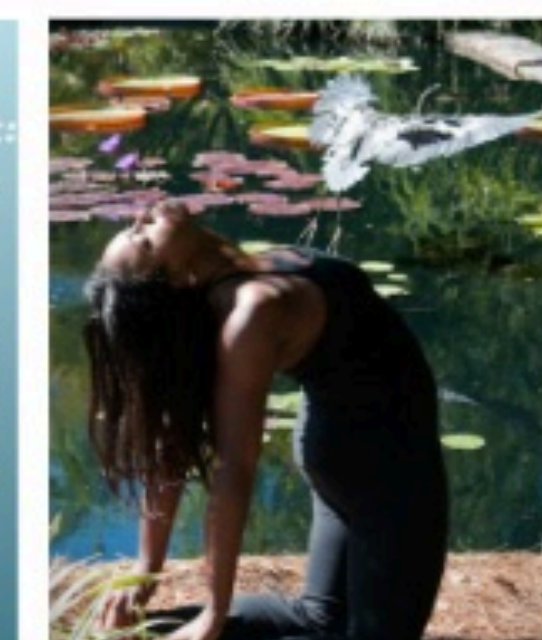


Summit Schedule

Time	Event	Location
9:00-9:30	Registration/Breakfast	The Ark
9:30-10:30	Collective Yoga Practice/Summit Intro	The Ark
10:30-11:20	Summit Keynote: "Yoga, the oneness and the reality"	The Ark
11:30-12:45	Breakout Session 1: Practice, Practice, Practice: Yoga Inclusivity and Accessibility Yoga and Mindfulness Access in University Settings	The Ark Crowell 108
12:45-1:45	Lunch	Marketplace Upper East Side
2:00-2:50	Breakout Session 2: Yoga Access in K-12 Education Settings Yoga Research in School Settings: Benefits, Challenges, and Opportunities	Crowell 108 Crowell 107
3:30-3:50	Breakout Session 3: Decolonizing Yoga: Engaging in Critically Aware and Culturally Respectful Yoga Practice Y.O.G.A. for Youth: Training Teachers to Serve Underserved Youth	The Ark Crowell 108
4:00-4:50	Take-aways and Action Steps	The Ark

Keynote with Michelle Johnson, social worker, yoga teacher, and activist: "Yoga: the oneness and the reality"

This talk will explore accessibility to yoga, yoga in educational settings and how to create a just and equitable yoga practice, on the mat and in our lives.



Workshop Descriptions

Breakout Session 1 (11:30am-12:45pm):
Practice, Practice, Practice: Yoga Inclusivity and Accessibility
Facilitated by Michelle Johnson, Keynote Speaker for Embodied Learning Summit
Location: The Ark
This 50 minute workshop will explore how to make yoga/mindfulness practices more accessible for groups that have traditionally been marginalized by the practice of yoga. The workshop will be highly experiential and include strategies to create programming that is inclusive and culturally sensitive.

Panel: Yoga and Mindfulness Access in University Settings
Facilitated by Jo Supernaw, Duke Student Wellness; Linda Chupkowski, UNC Counseling and Psychology Services; Dr. Vera Lucia Moura, UNC Integrative Medicine.
Location: Crowell 108
The panel will discuss their respective work to incorporate holistic mind/body/spirit practices into University-based services. There will be a series of guided questions and group discussion of the benefits and challenges to incorporating these practices in higher education settings.

Breakout Session 2 (2:00-2:50pm):
Yoga Access in K-12 Education Settings
Facilitated by Stephanie Galvez-Ramirez, Y.O.G.A. for Youth Student, Nan Maule, Y.O.G.A. for Youth Teacher, and Blair Lyttle, High School Teacher at Enloe HS, Raleigh
Location: Crowell 108
Talk with Y.O.G.A. for Youth teachers and students about their experiences with the program and explore the benefits and challenges to providing yoga/mindfulness access in K-12 education.

Yoga Research in School Settings: Benefits, Challenges, and Opportunities
Facilitated by Mindy Herman Stahl, Research Psychologist
Location: Crowell 107
This presentation will briefly summarize the research on the types of yoga/mindfulness programs offered in school settings, their benefits, and challenges to implementation. The presentation also will highlight the results of a National Institute of Health-funded research study on yoga conducted at the Durham-based Performance Learning Center.

Breakout Session 3 (3:00-3:50pm)
Decolonizing Yoga: Engaging in Critically Aware and Culturally Respectful Yoga Practice
Facilitated by Dr. Michele Tracy Berger, Yoga Researcher, and Sarah Pederson, UNC Student
Location: Crowell 108
Who does yoga, where, and what kind of yoga are they doing? This workshop will critically explore the intersections of yoga, access, and identity, in a US specific context. We will discuss the cultural appropriation of yoga in the West and dialogue about ways to engage in more respectful and inclusive yoga practice.

Y.O.G.A. for Youth: Training Teachers to Serve Underserved Youth
Facilitated by Keval Kaur Khalsa, Y.O.G.A. for Youth NC Regional Coordinator, and Moriah Glenn, Y.O.G.A. for Youth Teacher
Location: The Ark
Y.O.G.A. for Youth has developed a 40-hour specialty teacher training that is a prerequisite for teaching in the Y.O.G.A. for Youth program. This workshop will introduce participants to the components of the training and answer questions. There are no prerequisites to take the Y.O.G.A. for Youth Teacher Training, and it is open to anyone who works with youth.

Thank you so much Kenan-Biddle Foundation for helping us to make our vision for yoga accessibility in education possible!

Sat nam,
The Mindfulness in Education Bass Connections Team

Public Access Y.O.G.A. for Youth Teacher Training: April 2015

One of the take-aways from the Embodied Learning Summit was the need for more diverse representation in yoga spaces. With the Kenan-Biddle grant, we were able to offer the Y.O.G.A. for Youth Teacher Training at a heavily discounted cost in order to make the training more accessible to low-income people, students, and other people of diverse backgrounds. We believe that in order to make yoga accessible to underserved youth in schools, it is important to support teachers who come from similar backgrounds/experiences as the students Y.O.G.A. for Youth serves.

The training was a huge success with over 15 individuals completing the intensive 40-hour training over the span of two weekends. This effort to make the teacher training more accessible transformed the teacher pool at Y.O.G.A. for Youth in terms of diversity and through these connections expanded YFY programming into more underserved areas of NC, including rural areas and Latin@ communities.



Y.O.G.A. for Youth programming at Passage Home in Wake County served by graduates of the Public Access training!



Y.O.G.A. for Youth programming with the Durham Crisis Response Center Latina Support Group- now served by graduates of the Public Access Training!



Acknowledgements

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Media



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