



# Bringing School-Wide Yoga to Life

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## The Challenge

Christina wanted to integrate mindfulness into the school day, support teacher well-being, and create meaningful opportunities for students to grow socially, emotionally, and physically.



## Action

- Introduced yoga during classroom transitions and mindful moments.
- Offered a free yoga class to staff during Wellness Week.
- Created a 7-week yoga series for staff using a mindful audiobook—quickly became a credited PD course.
- Developed a 6-week after-school yoga club for students in grades 1–4, themed “I grow stronger every day.”
- Designed sessions with breathwork, plant propagation, reflection journals, and relationship-building.
- Invited students to co-lead their final class with an adult family member.



## The Results

- Staff yoga course filled within minutes and became a routine PD offering.
- Teachers began weaving mindfulness into their daily teaching without needing a dedicated yoga block.
- Students and staff started yoga practices at home and invited family members to join.
- Ongoing requests from staff, students, and families to expand the yoga offerings.
- Created a ripple effect of calm, connection, and personal growth throughout the school community.

## In Christine's Words

The biggest success story wasn't hearing students and staff wanting more yoga—it was hearing them tell me about their new yoga practices at home.

Why?

## Why It Worked

- Yoga was integrated naturally into school culture, not added on.
- Engaged all stakeholders—staff, students, and families—in a shared experience.
- Fostered ownership and empowerment by inviting students to co-create their practice.



## A Takeaway for You

Start small by introducing yoga during short transitions or staff meetings. Build momentum by listening to what your community responds to—and grow from there. You don't need to have it all figured out to get started.

