



Yoga in Schools

Emotional and social well-being is essential to ensure that all students have an opportunity to realize their full potential, achieve academic success and contribute to community life.

In Park West School Division, we believe that emotional and social well-being contributes to mental wellness by:

- Increasing the capacity to learn.
- Developing resiliency.
- Supporting the regulation of emotions.
- Enhancing coping and problem-solving skills.
- Increasing engagement, achievement and attendance.
- Enhancing empathy and respect for diversity.
- Decreasing bullying and aggression.

Yoga can provide a solid foundation for emotional and social well-being and healthy living. Yoga may assist students and teachers in developing body-mind awareness and the ability to nurture their own well-being.

Park West School Division views yoga as part of a school's physical education program and not a religious activity or exercise. The practice of yoga in Park West School Division is not faith based; yoga neither requires, nor prohibits, the expression of a spiritual belief. Yoga, as practiced in our Division, is a system of mind-body techniques that includes physical postures, conscious breathing, and deep relaxation. It is a form of mind-body exercise focused on mental and physical benefits, not spirituality.

Guidelines for schools:

- Yoga may be a part of a learning experience in a classroom, part of a course, during an event, or a regular part of the school day.
- Yoga can be done in a classroom, outside, or in the gym depending on circumstance.
- Communicate with parents, staff, and students plans to use yoga within the school.
- Participating in yoga is voluntary and open to all staff and students. Students who do not wish to participate in yoga may opt out with written permission from a parent or guardian.
- Schools need to ensure that yoga does not pose a health risk to students, particularly any students with mobility issues.