

Yoga, Mindfulness And Trauma Informed Practices In The Music Classroom

Instructors: Sandra Fox and Andrea Sullivan Yoga EQ Certified Instructors

1. Animal Breathing- Free Printable:

<https://www.kids-pages.com/folders/flashcards/Animal%20Sounds.htm>



2. Fun Sun Salutations:



3. Yoga Music Circle:

Free printable pose cards:

<https://www.paperzip.co.uk/wp-content/uploads/delightful-downloads/2017/10/yoga-cards.pdf>

Pose cards we used from Amazon:

https://www.amazon.com/Yoga-Pretzels-Cards-Tara-Guber/dp/1905236042/ref=sr_1_6?keywords=yoga+cards&qid=1567011576&s=gateway&sr=8-6



4. Five Senses Meditation Script:

“Don’t shout out, but find 5 things you can see with your eyes. Now close your eyes and pay attention to 4 things you feel. Now what are 3 things you can hear? Think about what are 2

things you can smell? Finally, what is one thing you can taste? You have just focused on all five of your senses. You are now here in the present. Slowly open your eyes and gently sit up.”

5. Performance Anxiety Meditation Script:

Sit comfortably and either close your eyes or focus your eyes towards the ceiling. Begin to connect with your breath by making each inhalation and exhalation slow and deliberate. Next imagine which direction your future is in. Some people may imagine it in front of them, others may imagine it is the left or right, possibly on stage. This is called your timeline and is how your unconscious mind envisions your past, present and future. Imagine in your mind that you float up above your timeline. Now float out into the future 15 minutes after the successful completion of your performance. Turn back and look toward ‘now’ along your timeline. Ask yourself ‘where is the anxiety?’ That’s right, it’s gone! Float back toward ‘now’ above your timeline, float down into ‘now’ and slowly open your eyes. Test to make sure the anxiety is released. Think about the thing that used to make you anxious and notice that there is no anxiety there anymore.” *If the anxiety remains make sure you imagined completing the performance successfully. Repeat as necessary.*

Additional Resources used:

Breathing buddies

Scarves

Notes:
