

LESSON 10: VINYASA

Grade-Level Outcomes

Primary Outcomes

Lifetime Activities

Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Fitness knowledge: Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)

Lesson Objectives

The learner will:

- demonstrate proper breathing techniques while performing asanas.
- refine asanas learned previously.

Equipment and Materials

- Yoga mat for each person
- Block
- Appropriate yoga music
- Video recording device

Introduction

Today, I will introduce the term vinyasa, or yoga flow. In our previous class, I introduced the sun salutation as a beginning to this, and today, we will move through many postures more quickly than we have before, repeating the sequence numerous times. This will help you with muscle memory, as well as keeping the muscles warm and increasing the heart rate more than you have to this point. We'll start with our warm-up sequence [see Lessons 1 and 2] and extend it with sun salutations.

Instructional Task: Warm-Up Extension

■ PRACTICE TASK

Sun salutation (two times on each side)

Extensions

- Have students use a device to record one sun salutation.
- Students review the recording to evaluate the flow and alignment of their movements.
- Ask students to calculate their heart rates after sun salutation and record.

Refinement

Direct students to focus on spine alignment during the sequence.

Student Choices/Differentiation

- Students use a device, if available, to measure heart rate or take the pulse with a 6-second count.
- Provide a checklist or scoring guide for students to use in their self-assessment.

What to Look For

- In the warm-up, students focused on breathing and keeping the spine aligned.
- Students performed sun salutation correctly.

Instructional Task: *Vinyasa*

■ PRACTICE TASK

Downward dog
Rag doll
Mountain
Inhale arms up
Head to knee
Lunge (right leg back)
Upright lunge
Arms up to warrior I
Hands down to lunge
Plank
Plank – lower and hover
Upward dog
Downward dog
Upward dog
Downward dog
Lunge (right leg back)
Straighten leg to triangle
Five-pointed star
Warrior II
Open heart (arms clasped behind back)
Standing seal (head to knees, mudra arms)
Stand up
Lunge (bend right knee)
Standing forward bend
Sweep arms up
Mountain: Repeat three more times for a total of two times on each side.

Refinement

Focus on flow between positions and timing of the breath.

Extension

Ask students to take their heart rates and record.

Student Choices/Differentiation

Students should hold poses and balances at their own level.

What to Look For

- Are students staying with the cues?
- Am I going too fast? Too slow?

Instructional Task: **Cool-Down**

■ PRACTICE TASK

Have students lie on their backs in savasana (corpse pose).
Cue with breath counting.
As your students are relaxing, their heart rates coming down, have them think about relaxing the face and jaw.

Extension

Ask students to take their heart rates and record.

EMBEDDED OUTCOME: S3.H8.1.1 Use the guiding questions to help students understand how the body responds to changing levels of exercise intensity.

Guiding questions for students:

- How did your heart rate change from the sun salutation to vinyasa?
- How does the body respond to flowing, continuous movements such as vinyasa?
- Were you surprised by the intensity of the workout? Why?
- What factors affect your body's response to exercise and in what way? (Answer: fitness level, nutritional balance, and so on)

Student Choices/Differentiation

Allow those whose lower backs are uncomfortable to keep the knees up with feet on the floor.

What to Look For

- Students are staying still.
- Students' breathing is slow and regular.

Formal and Informal Assessments

- Teacher observation and correction
- Journal assignments (see homework)

Closure

- Quiet the mind; chime the gong. Have students listen and focus on the sound as long as they can.
- Next class, we will have a quiz on the terminology and principles you have learned so far in this module.

Reflection

- What am I learning about students from their journals?
- Are they understanding the concepts?
- What do I need to change about my delivery?

Homework

Review for the quiz on yoga next class.

Journal assignment:

- How was today's practice different from what we have done in the past? How was it the same?
- Did you like the vinyasa? What was easy? What was hard?
- Have you been using your de-stressing techniques? What is an example of when and how you used them?
- Log your physical activity outside of school. Include the type of activity and how long you did it.

Resources

Brown, C. (2003). *The yoga bible*. Cincinnati: Walking Stick Press.

Martin, K., Boone, B., & DiTuro, D. (2006). *Hatha yoga illustrated*. Champaign, IL: Human Kinetics.

Stephens, M. (2012). *Yoga sequencing*. Berkeley, CA: North Atlantic Books.

Internet keyword search: "open heart pose," "standing seal pose," "vinyasa"