



Central School Teachers Adopt a New Technique For Their Students

By Magen Petit

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SOUTH BERWICK — A group of Central School teachers attended the Childlight Yoga workshop held at the Spring Hill Lodge in South Berwick on Wednesday, August 30, which was orchestrated by Lisa Flynn, founder of Childlight Yoga.

“The workshop was about giving teachers the tools to calm, focus and center themselves and the children and to help [the children] be more learning ready,” explained Flynn.

According to Flynn, Vicki Stewart, principal of Central School, used to teach second grade and was “already doing this with her students and saw the difference in the students while they were preparing for tests.”

Stewart was interested in bringing these techniques into the school, as she became the principal.

“She said she had a vision about the whole school’s culture and that she wants children to be self-aware, to change their self-being and focus after they come in from recess,” said Flynn.

As the teachers of Central School learned during the Aug. 30 workshop, there are four different tools involved in yoga for teachers, according to Flynn. These tools are “yoga poses, conscious breathing exercises, fun yoga games and time in as opposed to time out, which is essentially a quiet time to reflect inside.”

Overall, yoga improves focus and is very calming, reducing stress hormones and it also helps with creativity.

Flynn said the “whole point of learning yoga, whether you’re an adult or a child is that it gives you, yourself, the ability to stop for a moment and go inside and see where you are and ask yourself, “do I need to slow down and focus?” Overtime, we learn these tools and you have the ability to have self-awareness and self-care.”

In the classroom, teachers may go through different exercises with the kids and one of them might be the eagle wisdom pose.

“We take on this pose by crossing the legs over and twisting the arms up and in and hold them over the heart,” explained Flynn. “It’s great for both sides of the brain and balancing as well. It just helps connect with our eagle wisdom and betters the self inside. If a child is having a meltdown or is somewhat aggressive, teachers might use this [technique].”

According to Flynn kids love doing these yoga exercises because it “makes them feel good, it makes them feel empowered and gives them tools to calm down after lunch. They love it and it’s fun for them.”

Parents are also excited about this new technique. The PTA paid for the portion of the Aug. 30 workshop, which just goes to show how supportive they are of the idea that teachers will adopt this into their classrooms.

Flynn mentioned she would like to do more workshops like this one.

“I have another one coming up on October 14 from 12 to 4 p.m. at the Dover Yoga Studio.”

For more information, visit www.childlightyoga.com or call Lisa at (603)-781-3323.