



**From Stress to Joy:
How to Center Your Classroom with Yoga**

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Welcome to CenteredBeing



Founded in 2007

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Promotion of Well-Being to:

Individuals

Communities

Cultures



Final Question:

What does well-being mean to you?

If you could waive a magic wand and improve your well-being, how would you use the magic wand?

Getting Started

Today's Agenda

Intro Games



Centered Classrooms:
It's Not All Fun and Games

3 M's: Movement,
Mindfulness, Meaning

Q and A



But first...a deep breath



Introductions “I-based” Game

1. I am
2. I feel
3. I try
4. I love
5. I express
6. I see
7. I share
8. I dream



Take Away

I've Got Something to Say.

Or Not.

What We Say, or Don't Say, Has Meaning.



3 Sources for Conflict

- Internal
- External
- Cultural

Centered Well-Being functions as a Sense-Making (Communication) Experience (Carmack, 2014)

Intrapersonal

Communication

Self-Dialogue

Self-Efficacy for Well-being

Self-Awareness

Intercultural

Communication

Self-Culture

Self-Organization

Self-Role Identity/ies

**Centered
Well-being
(CenteredBeing)**

Interpersonal communication

Self-Other (Dyad, Small Group)

CenteredBeing Model (Carmack, 2014)



**It's Not All Fun and Games:
~~These Kids~~ Youth Today
and
~~These Young Adults~~ Emerging
Adults Today
(4 E's)**



(Self - Psychosocial) Entitlement
(Self - Others) Engagement
(Self - World) Egocentrism =
Evolution



So What.

Who Cares.

= Classroom Research Challenge



CenteredBeing (Carmack 2014)

Movement

Mindfulness

Meaning



Centered Teaching Philosophy

A – B – C - Z



Centered Teaching Philosophy
Assessment
Movement
Mindful
Meaning: Self, Others, Culture

Centered Teaching Philosophy

Bones, Breath, Bandhas

Classroom:

Bones = Move w/Boundaries

Breath = Mindful of Life Force

Bandhas = Meaning thru Connection
(Communication)



Centered Teaching Philosophy

C: Centering Principles



Communicate with Self

Respect

Gratitude

Commitment

Communicate with Others

Courage

Kindness

Insight

Communicate with World

Community

Consciousness



You Try It 😊

Respect
Gratitude
Commitment

Courage
Kindness
Insight

Community
Consciousness



Centered Teaching Philosophy

Z: Rest (ZZZ's) and Zest

Centered Well-Being Model

Let's Try It

Movement

Mindfulness

Meaning



Centered Individuals



One: One Coaching & Classes
Movement
Mindfulness
Meaning (Well-Being)



Centered Communities



Coach Training

Well-Being Coach

Teacher Training

Pilates (PMA-CPT)

Yoga Alliance (RYS/RYT)

The Washington Post

WELLNESS

Centeredbeing: Take your downward dog to work



By [Name]

Working in a cubicle, you're probably not getting the exercise you need to stay healthy. But there's a simple solution: Take your downward dog to work. This yoga pose, also known as Adho Mukha Svanasana, is a full-body stretch that can help improve posture, reduce stress, and increase energy. It's a great way to incorporate movement into your workday, even if you're sitting at a desk. The pose involves standing on your hands, with your feet and hips on the floor, forming an inverted V-shape. It's a challenging but rewarding pose that can be done in just a few minutes. For more information on this and other wellness topics, visit www.washingtonpost.com.



Centered Cultures

Organizations

Schools

Teams

Populations/Public Health





Thank You



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