NEWS BREAK

Article: ANTI-GO-GO-GO YOGA

Section: PACIFIC NW, 8

Sunday’s News Break selects an article from Sunday, June 11, 2023, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.*

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will learn how yoga can bring peace and calm into people’s busy lives. They will learn about 3 specific forms of slow-movement yoga. They’ll discuss whether they feel that their lives are busy, and whether they take moments during their day to feel calm and rest their bodies. Students will discuss our American capitalist system and whether rest might make people more productive. They will also share how they care for themselves.
**Pre-Reading Discussion:**

- What do you think the article will be about, using this picture?
- Are there any clues? What can you infer?

**Vocabulary Building:**

Read this sentence, what do you think the highlighted words mean using context clues? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“A constant **influx** of stress hormones can cause illnesses and other health problems.”

**Influx Guess:**

**Influx Definition:**
Comprehension Questions:

1. Many people are choosing to restore physically and mentally through yoga classes designed to help you _______.
3. Though yoga can be associated with intense, sweaty practices, the ___________ - ___________, ___________ practices have gained more attention in uses seated and lying postures along with longer holds to stretch connective tissue;
4. What is Restorative Yoga?
5. What is Yin Yoga?
6. What is Yoga Nidra?
7. There was a time when the stress hormone ___________, for example, was useful when you had to escape from a predator. Your body helped you with fight or flight, then would relax again and carry on with life.
8. And some studies show that slower yoga practices, with their focus on movement and breath, can have a profound impact on your ___________.
9. Learning to rest also trains your body how to access a ___________ state more quickly.
10. Hodgeman kept reading about the benefits to the ___________ and ___________ systems, and then also saw the results with her students, so she continued to teach it.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- What surprised (or stood out to) you in the article?
- At first, I thought ___________, but now I think ___________?
- What things did you already know from prior experience?

Rest is the pathway to thrive and experience clarity and freedom, Stanley posits in her work. Deciding to rest can feel counterintuitive, says yoga teacher Tracy Hodgeman of South Park, who has taught Yoga Nidra for more than a decade.

- Have you ever tried a slow-moving yoga class? If yes, how did you feel after?
- Do you find your life busy? Do you take moments during your day to feel calm and rest your body?

The capitalist system we live in teaches us that we have to rush around, work as much as possible and feel stressed out while doing it, she says, and that is unhealthy and unfriendly. “I want to slow down, and a lot of people I practice with want to slow down,” she says. But it takes effort to carve out time to do a restorative yoga class, and for some people, it might feel like it is too time-consuming or too much time away from other types of activities. Hodgeman says
that resting actually makes her more effective. “When I keep my practice of stillness up to speed, if you will, I have so much more energy to do things I want to do,” she says. “It actually makes us more productive, clear and at ease.”

- Do you agree with the article’s definition of the capitalist system we live in? Why or why not?
- Why do you think rest might make people more productive?
- How do you take care of yourself?

News Break is posted to the Web on Tuesday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register online or call 206/652-6290 or toll-free 1-888/775-2655. Copyright © 2023 The Seattle Times Company