



## **“Building a better Reflection of ME”**

### **Powered by The Fruit of The Spirit!**

**SELFIE** yoga is a 10-week program aimed at building a better reflection of girls by using the Fruit of the Spirit as the standard. It is designed for tween age girls. Our aim is to educate, equip, and influence girls during their informative years.

## **10 WEEK PROGRAM**

- WEEK 1 Introduction
- WEEK 2 I will learn to **LOVE** out loud (LOL)
- WEEK 3 I will learn to jump for **JOY**
- WEEK 4 I will learn that it is an honor to be a **PEACE** maker
- WEEK 5 I will learn that **PATIENCE** waits
- WEEK 6 I will learn that **KINDNESS** is an action word
- WEEK 7 I will learn that if I do what is right, my **GOODNESS** will show
- WEEK 8 I will learn the commitment of **FAITHFULNESS**
- WEEK 9 I will learn that it takes a lot of strength to be **GENTLE**
- WEEK 10 I will learn that the power and **SELF-CONTROL** is within me

# TARGET AREAS OF THE PROGRAM

- Self esteem
- Anger
- Fears
- Body Image
- Eating disorders
- Peer Pressure
- Sibling Rivalry
- Bullying

## Benefits of yoga

**Balancing postures** promotes stability and encourages one to find their footing in life absence of fear and judgment. They also teach one to explore various options when life seems unsteady. The girls will learn how to bring things into alignment using concentration, determination and self-control. These poses require focus and promotes balance.

**Standing postures** are grounding poses. The goal is to assist one with finding their truth and standing their ground even when others choose not to stand with you. Stillness also, characterizes these standing poses.

**Forward Bending postures** are calming and energizing at the same time. These postures are an invitation to calm your breath, slow the heart rate down and settle your thoughts, thereby, relieving stress, anxiety and fatigue.

**Twisting postures** are both healing and energizing. These squeeze and soak postures works from the inside out giving you an instant energy lift.

**Inversion postures** are challenging yet soothing. They can give you a new perspective on life. Inversions teach us that there is always another way to approach a situation, person, or problem. They literally invite you to shake things up.

**Backbend postures** are frightening, challenging, energizing, and invigorating. Yet, they help to break through insecurity and fear. They are great in building confidence and self-esteem.

**Restorative postures** promote stillness and relaxation. They relax and calm your entire body and mind to prepare you to heal and rest.

# PROJECTED OUTCOMES

- Discover the balance between strength and flexibility,
- Discover how to use your energy
- Discover calmness and stillness techniques
- Learn the power of independence and dependence
- Learn life-long coping skills
- Empowering them to overcome negative stereotypes
- Expand their lungs for increased aerobic activity and endurance
- Develop a strong core for better physical stamina
- Strengthen the natural curvature of their spine to improve posture
- Relax their shoulders to eliminate tension and its damaging side effects
- Find their feet for better balance and coordination
- Build positive self-esteem and self-respect
- Improve mental clarity, focus and concentration
- Encourage creative thinking and original thought
- Establish tolerance to help overcome frustration
- Show kindness and compassion to others

# CRITERIA

- Attendance at the introduction meeting
- Girls in the appropriate age range
- Parents have no objection with a faith-based program
- Parents commit to a 75-minute weekly class for 10 weeks by assuring your daughter is at class on a timely manner
- Parents sign a waiver
- One parent (guardian or adult) is willing to sign up for a three month unlimited yoga pass for themselves

# PROVIDED MATERIALS

- Class booklet
- Yoga mat
- Journal
- Certificate upon completion