

Yoga Lunchbreak

bring
change
to mind

high school

How To

- Find a local yoga studio near your school and reach out to them by asking if they have a yoga teacher who would be willing to lead a lunch yoga session for free at your high school.
- Yoga teachers who are in training usually need the training hours and will lead a session for free when asked.
- See if your Gym Teachers have any yoga mats they can provide for the class.
- Locate an available place to hold the session and come up with a date and time that works for everyone.

Materials

You just need to find a classroom or space that is free during lunch period and to find a yoga teacher who is willing to do a free yoga class.

Budget

This is a low budget activity, if not (\$0.00).

Number of Students Reached

The number of students reached depends on the size of the classroom available to you. Try to get up to 25 students that want to be a part of the yoga class!

Timeline

This activity has a prep time of a few weeks to talk to teachers and yoga instructors. The actual activity should take no longer than 1 hour.