

Yoga and Meditation

A Virtual Summer Camp at Cape Fear Community College

Learn valuable techniques to help you build strength, increase flexibility and reduce stress.

Yoga and meditation can be extremely beneficial for adolescents, both physically and mentally. Did you know that from the pre-teen to late-teen years, kids are still developing and strengthening synapses in the part of the brain that controls executive functions? Studies have shown that as well as building physical strength, endurance and flexibility, practicing yoga during this time can also help cultivate important mental skills such as creativity, cognitive flexibility, self-control and discipline.

Additionally, mindfulness and meditation practices have been shown to help kids reduce anxiety and access a more relaxed and focused state. This can help with studying, test-taking, and coping with daily stressors of adolescent life, both inside and outside the classroom. (*7 Ways Yoga Helps Children and Teens*, Psychology Today, May 2015.)

In this four-day virtual camp, experienced yoga instructor **Paula Huffman** will lead students in a variety of breathing exercises, yoga poses and mindfulness meditation practices. Students will learn to practice basic yoga poses in a safe and effective manner, discover how to use meditation to quiet their minds and develop a personal plan to incorporate these valuable techniques into their daily routine.

Dates: **June 7-10, 2021 (ages 14-16)**
 July 19-22, 2021 (ages 11-13)

Days/Times: **Mon-Thurs, 1-2:15 pm**

Location: **Online via Zoom**

Registration: **\$49***

*Additional supplies required; see supply list, other side.



For more details, contact
910.362.7199 or enrich@cfcc.edu
www.cfcc.edu/summercamp



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Camp Curriculum

This four-day virtual camp will include approximately 1.5 hours of explanation and discussion, .5 hours of instructor demonstration of techniques and 3 hours of participant practice.

Yoga practice

- basic alignment and safety principles of yoga practice
- instruction and practice of basic yoga poses including seated, standing, prone and supine poses
- precautions and benefits of pose types including but not limited to: stretching, heat building, simple backbends, forward folding, twists, balance poses, restorative poses
- using props safely and effectively
- breath work
- relaxation practices

Seated meditation

- what is meditation?
- benefits of meditation
- three basic elements of meditation: posture, breath and thought awareness
- how to develop a consistent meditation practice

Supply List

Students will need to purchase or have on hand:

- Yoga mat
- 1-2 yoga blankets
- Yoga block
- Yoga strap

All items can be purchased from Amazon, Walmart, Yoga Accessories or Target.

Classes will meet online via the Zoom application. Students should have a good quality computer, laptop or tablet with audio and video support, a broadband internet connection and the Zoom app downloaded prior to the first day of camp. Additional instructions will be emailed after you register.

Dress Code

Students should wear age-appropriate, comfortable clothing that will allow for ease of movement. Examples:

- Breathable, flexible bottoms like yoga pants or long cotton shorts
- A breathable, narrow- or form-fitting top or shirt that won't hang over their heads when they are posing upside down
- For girls, a sports bra or built-in shelf bra that offers adequate support under clothing



About Your Instructor

Paula Huffman has been practicing yoga since the 1970's and has been an instructor of yoga for almost 25 years. Combining her education and work experience in the health care field with her teaching, Paula's focus is on the healing and restorative aspects of yoga. She has also taught Mindfulness-Based Stress Reduction and Pain Management classes with the UNC Chapel Hill School of Medicine Program on Integrative Medicine and to various organizations in the Raleigh and Wilmington areas for over fifteen years. Her studies have included intensive trainings with the Center for Mindfulness at the UMass School of Medicine led by mindfulness pioneer Jon Kabat-Zinn.