

***Yoga Adventures and Wellness Tools:
Let's Visit Jonah, the Big Fish, and the Worm.
We'll Find Apples, Lemonade, and Cake, Too!***
Margaret Presley-Stein

SESSION SUMMARY

Get ready to move, to reflect, to share, and to do some goal setting with a Health and Wellness Coach. Participants explored several “well-being themes” found in the Autumn *Tishrei* holidays’ celebrations and stories. There was a sampling of two types of yoga sessions. The “Jonah, the Big Fish, and the Worm” Yoga Adventure combines the familiar *Yom Kippur* story with an opportunity for creative yoga movement and reflective personal *midrash*. The “Moment of Zen” Imagination Game is designed to facilitate mindfulness training, to calm anxieties, and to refocus our attitude. Participants also covered additional lifestyle habits such as healthy snacks and joyful laughter that can be integrated into our personal lives, synagogues, and classrooms. No prior yoga experience or yoga mat was necessary, just an open attitude and a willingness to participate.

ABOUT THE AUTHOR

Margaret Presley-Stein, MLA, CHC is a Health Coach and a “Yoga Adventure” instructor. She works with educators, families, students, and congregants to improve their health spans. Practical lifestyle routines and social synergy are hallmarks of her work. In addition to self-care wellness coaching, she provides curriculum and programming support as an educational consultant, with specialties in Eco-Jewish Education, Jewish Family Education, and Service Learning.

mrgtrprslly@gmail.com

www.sagewellnesshealthcoaching.com

Introduction- Reflect and share

- a. where you want to be in 10 years with your health and time
- b. 2-3 L.E.A.N. health habit challenges for you today
- c. 2-3 L.E.A.N. health habits that you are doing right today

Brainstorm “well-being themes” found in the Tishrei holidays (and/or throughout year)

WELLNESS THEMES FOR TISHREI HOLIDAYS AND BEYOND- STARTER LIST

- Reflection
- Renewal
- Nature
- Community
- Repentance
- Repairing/ Fixing
- Forgiveness
- Personal responsibility
- Acceptance
- Helping others
- Personal Relationships- reflect and repair
- Sustainability- personal, community, earth
- Interplay of personal, spiritual, community and earth well-being

Implement personal self- care as example for children, grandchildren, students, congregants (dugma m’dor l’dor- role model from generation to generation)

- being partners with G-d (B’tzelem Elohim- in G-d’s image)
- Relax, recharge, work, nourish, exercise, etc. for personal sustainability (Im ain ani li, mi li ?- If I am not for myself, who is for me?)
- Establish healthy home-work balance (z’man l’avodah v’zman le-menuchah- time for work and for rest)
- Find exercise routines that you can and will do consistently (shmirat ha guf- taking care of body)
- Build nutrition habits for healthy and ill times (l-echol, v’lish’tot l’chaim- to eat and drink for life)

- Explore Birkat Hamazon (“to bless, to eat and to be satisfied”)
- Establish health-ful laughter and play routines for long lasting health (hitbodedut-contentment, smai’chut- happiness)

1)Yoga Adventure Story: “Jonah, the Big Fish, and the Worm”

- d. group participate with dialogue
- e. Bringing whole body movement into the classroom, family programs and for other learning experiences onsite
- f. Encouraging learning with personal reflection and group sharing during yoga adventure
- g. Benefits for students and teachers
- h. Places for teacher guidance and for youth leadership in the yoga adventure
- i. Creative midrash sharing
 - i. honoring group dynamics and individual needs
 - ii. encouraging analytical thinking about text
 - iii. highlighting Jewish relevance to daily life
- j. Group Share: favorite Jonah story resources (see Everett Fox, Jonah text in this issue)
- k. For more information about specific yoga postures and moves used today: contact Margaret .

2)“Moment of Zen” Imagination Game: group participation and reflection

- l. Stand alone activity or incorporated into Jewish story yoga adventure
- m. Benefits: facilitate mindfulness, calm anxieties, refocus our attitude, facilitate “classroom management”, encourage meaningful learning
- n. Today’s activity: “internal weather report”

3)MY AFFIRMATION PHRASE for Tishrei (for personal balance, encouragement, calm, energy, etc):

4) Other issues

Eco-Jewish relevance: environmental and technology issues impact personal health; JENE and JOFEE values that connect to health values for Jewish educators

Jewish Family Education relevance- programs, lifelong learning and practice

“Healthy Balanced Living” as a Jewish value and important spiritual practice

DIY Hand Sanitizer: make your own (recipes can be found online)

Store bought vs home made

Possibilities as a family/class/synagogue activity

L.E.A.N Health connection and Jewish connection to activity

Healthy snacks and joyful laughter

Snack- organic apples with local honey, DIY and prepared lemonade, plus sweet/ healthy cake

Take home nutrition strategies for snacks, oneg shabbatot, and busy days

Joyful laughter and healthful play for increased health span (adding years to your life and life to your years)

Wrap up

o. The Wellness Goal Card- Personal Goal Setting for the Tishrei holiday season

i. CONTACT INFORMATION:

Website: sagewellnesscoaching.com

margaretps@drsearscoach.com or mrgtrpsly@gmail.com
410-963-8813