

**Yoga and Health For The Music Educator
CMEA 2024**

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BODY, MIND, SPIRIT

Body: YOGA

Yoga - a system of exercises for attaining bodily or mental control and well-being (Merriam-Webster).

The image is the word "Ohm" in Sanskrit. From www.gaia.com:
*The sound OM is a vibration from which all the manifest universe emanates.
Form and creation comes from vibration. OM is the most elemental of vibrations.
It is the sound of the void.*



Poses we might try during the session (to see these, go to www.gaiamtv.com):

Standing Poses	Poses with hands on the ground	Seated poses
Mountain, Tree, Crescent	Awkward Table - Elephant	Half twist
Forward Bend / Monkey	Pigeon, Child's Pose	Straight leg stretch
Balances - Floating Star, Eagle, Airplane, Dancer	Crow (difficult)	Butterfly leg stretch
Powerful Pose/Chair	Lizard	Boat
Warrior 1, 2, 3, Pyramid	Down Dog, Sun Salutation	Savasana
Triangle, Reverse Triangle	Plank, Side Plank	
Side Angle, Horse, Goddess	Side Plank	

Where can I practice yoga? Park district, yoga studios (check Groupon for deals), online

Body: HEALTH

Healthy eating habits - quick discussion about what you put into your body and when. Need some new inspiration? Try Whole 30, Paleo diet, Keto diet.

Vitamins and minerals - a reminder that we usually don't get all the nutrients we need from our food sources

Water - throughout the day!

Materials cited:

Work-Life Balance for Music Educators by Paul Kimpton and Ann Kimpton

<https://a.co/d/aNIK02g>

Mind: Mental Health

How is your stress level? How do you handle stress? What is your go-to stress reliever?

Intellectual stimulation - take courses, try a Meetup group, go to lecture series, check local colleges and universities for non-degree program courses

Cultural stimulation - museums, art galleries, Theatre (plays and musicals), concerts, poet slams (Moth)

Spirit: The Soul

Define spirit: the nonphysical part of a person which is the seat of emotions and character; the soul.

Meditation - physical health effects. Mental health effects.

Guided Meditation - can you build yourself up, calm yourself down, relieve anxiety through a guided meditation?

Breathing practices - pranayama

<https://www.yogajournal.com/poses/types/pranayama>

Savasana - quiet your mind!

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