

Online Resource 3.7 • Mindful Yoga Apps/Programs for Teachers

NAME	DESCRIPTION	SOURCES
<p>Down Dog App available on mobile devices</p>	<p><i>Down Dog</i> is a yoga, high-intensity interval training, barre, and meditation platform that allows users to completely customize their practice to fit with their schedule, goals, level of experience, target areas of the body to work on, workout intensity, workout style, length of workout, and more. <i>Down Dog</i> provides different apps for different types of wellness practices, which are available to download on mobile devices (Stolyar, 2020). Cost: Currently offering free unlimited access to all of its apps for health care workers, educators, and students as a response to the COVID-19 pandemic.</p>	<p>www.downdogapp.com www.downdogapp.com/schools</p>
<p>Calm App/website available on mobile devices</p>	<p>Includes built-in guided meditations, sleep stories, and breathing exercises (Haug, 2017). Cost: An annual subscription (currently \$69.99/year or \$14.99/month), or the free version provides limited access to meditations, sleep stories, and music.</p>	<p>www.calm.com www.calm.com/freetrial/plans</p>
<p>Headspace App/website available on mobile devices</p>	<p><i>Headspace</i> is a mindfulness, meditation, and sleep platform that provides many ways to engage in mindfulness for better overall health. Both the app and the web version of the platform offer guided meditations, wellness articles, and sleep support, as well as tutorials on meditation for beginners (Haug, 2016). Cost: Currently offering free premium membership for all K–12 teachers, school administrators, and support staff in the United States, the United Kingdom, Canada, and Australia.</p>	<p>www.headspace.com www.headspace.com/educators</p>
<p>Happify App available on mobile devices</p>	<p>Users start by answering prompts in a questionnaire that will lead them to a specific “track” through the app. These tracks correspond with different activities, games, and resources designed to help the users achieve their goals. All resources provided through the tracks are backed by psychological theory (e.g., cognitive-behavioral therapy, mindfulness, and positive psychology) and are developed by professionals (Belluomini, 2019).</p>	<p>www.happify.com</p>
<p>Gaia App available on mobile devices and streaming services</p>	<p><i>Gaia</i> blends yoga, mindfulness, meditation, and spirituality for a mind–body healing experience (Chon, 2020). The platform offers over 8,000 classes, videos, and programs to cater to the unique skills and goals of each user. Users can log in on their mobile devices or stream on platforms such as Roku, Chromecast, and Amazon Fire TV. Educators working from home can enjoy chair yoga flows targeted for individuals who sit for long periods of time looking at a screen.</p>	<p>www.gaia.com</p>

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Smiling Mind App/website available on mobile devices	<i>Smiling Mind</i> (2020) is a mindfulness app designed by psychologists and educators based on research supporting improved mental health and performance in school with regular mindfulness practice.	www.smilingmind.com.au/
MyLife App/website available on mobile devices	<i>MyLife</i> (2020) is an app that helps users develop emotional regulation skills to handle life's stressors and worries. This app offers guided meditations as well as opportunities to check in by recording thoughts/feelings as they arise.	https://my.life/mylife-for-schools/
Stop, Breathe, & Think App available on mobile devices	This app (Monticello Kievlan, n.d.) helps users track their progress and develop real skills for managing anxiety, backed by cognitive-behavioral theories. This app also offers a kid-friendly version ideal for youth ages 10 and up. <i>Stop, Breathe, & Think</i> also offers programs and trainings for educators in mindfulness/meditation and social-emotional learning.	www.commonsensemedia.org/app-reviews/stop-breathe-think-kids-focus-calm-sleep
Yoga Ed. Website, online courses, and downloadable resources	<i>Yoga Ed.</i> (2021) is designed for all members of the K–12 learning community, from children ages 3 and up to teachers and school counselors working with students every day. Cost: Free yoga and mindfulness classes to support and improve the physical and mental health of students and educators worldwide. Educators can use these classes to provide brain breaks during virtual or in-person learning days, model healthy coping skills, and teach the importance of physical movement to benefit physical and mental health.	https://academy.yogaed.com/p/yoga-ed-for-free-online-yoga-mindfulness-classes-for-all-ages
Breathe for Change Website, online curriculum, and downloadable resources	<i>Breathe for Change</i> (n.d.) is a yoga teacher training program designed for educators from a trauma-informed lens. These trainings blend social-emotional learning strategies and movement to create a safe and supportive learning environment. Educators who complete the training program can earn up to three graduate credits or continuing education units as well as a <i>Breathe for Change</i> Foundations Certificate, which certifies individuals to lead yoga, social-emotional learning, and mindfulness practices in their school community.	www.breatheforchange.com www.breatheforchange.com/foundations-course

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