Thank you for joining us for today's webinar.

Yoga & Meditation at the Library
Outreach & Inreach

Friday, June 7
1 p.m. CST

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and Library Outreach

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Hello!
I AM JENN CARSON
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What is PHYSICAL LITERACY?
Physical literacy is the motivation, ability, confidence and understanding to move the body throughout the lifecourse as is appropriate to each person’s capacity. The development of fundamental movement skills that permit a person to move with confidence and control in a wide range of actions — such as throwing, skipping or balancing — and environments, like on snow, grass, water, in the air or on ice — also applies to people with disabilities or exceptionalities.

**PHYSICAL LITERACY concepts as they apply to YOGA & MEDITATION**

**Energy in Motion**
You can't have an emotion without motion. Feel happy and smile; feel frustrated and tighten your muscles. Expressing emotions safely through movement gives us greater compassion for ourselves and empathy for others.

**Interoception**
We become more interoceptive when we are aware of our body's internal processes, such as breathing, heart rate, hunger and sleep cues, and act on them as needed.

**Proprioception**
Awareness of how our body moves in space and against gravity ensures changing environments and differentiates our spatial abilities.

**Temporal Awareness**
We develop timing by moving through life’s daily rhythms, developing body awareness, and learning to predict outcomes. This leads to the ability to analyze environmental data and make predictions.

**Balance**
The vestibular system helps us sit still and control our posture and balance. We often fidget because they are trying to concentrate. Vestibular maturity, balance, stillness, orientation, concentration is learned through movement.

**Taking Risks**
By gently pushing boundaries we wire our brains to feel more comfortable with uncertainty. This gives us the courage to try new things, the perseverance to keep going when it gets hard, and the confidence to make decisions, modify choices, and adapt in order to reach goals.
What is YOGA?

A moving form of MEDITATION

Let’s try it

Who else is doing yoga in the library?

How to Get Started

Choosing Resources and Designing Spaces

- Garnering support from your stakeholders
- Identifying your audience
- Identifying who will teach your program
- Training required for program delivery
- Logistics: dates/times/locations
- Funding your program
- Working with community partners
- Marketing your program
- Evaluating yoga and meditation programs

Yoga and Meditation at the Library: Outreach and Inreach

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✘ Identifying different types of supplies needed for yoga and meditation programs
✘ Find sources for program supplies
✘ Storing supplies and caring for them
✘ Finding digital resources for training and program planning
✘ Considerations for altering your existing spaces for programs

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Passive Programs and Alternative Collections

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✘ Understanding passive program delivery
✘ Exploring passive program models
✘ Alternative collections to promote mindfulness

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Policies and Procedures for Avoiding and Handling Problems

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✘ Liability Insurance
✘ Criminal Record Checks
✘ Hold Harmless/Liability Waivers
✘ Photo/Video Release Forms
✘ Touch and Consent
✘ The “Religion Issue”
✘ Teaching What You Know
✘ When Accidents Happen
✘ Pregnant Students
✘ Students with Exceptionalities
✘ Dress Codes
✘ Resisting the Urge to Enlighten

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Inreach

Yoga and meditation for staff and volunteers
Yoga and Meditation at the Library: Outreach and Inreach

Noted Improvements after 15-min Yoga Break

More connected  More focused  More grounded  More energy  More mindful

0% 50% 100%

Self-care webinar:
https://www.youtube.com/watch?v=E_HBGZVglvo

Gentle Yoga

Chair Yoga

Family Yoga Party

Mom & Baby Yoga

6/7/19
Thank you to today's panelist:

Jenn Carson
Author and Director of the LP Fisher Public Library in Woodstock, NB, Canada

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