



**NIROGA™**  
*Transforming Lives and Healing Communities*

**Feedback from DeAnza High School Teachers on Niroga in-class TLS Program**

Yoga has greatly assisted with self-regulation techniques. Yoga has helped the kids with in-class focus and concentration. Calming and re-focusing, being present in the moment has helped kids creativity in Art. This was not one of my classes that I would have chosen for Yoga; however, to my surprise they were cooperative and had many questions and interest in future yoga programs.

Keeping cool is something the kids in TEP (Transitional Education Program; the most challenged DeAnza students) struggle with. Yoga has presented positive interventions to help kids keep cool. Vanessa and Danielle [Niroga teachers] were excellent additions to our classroom. The kids respected the instructors and were greatly assisted by the Niroga Institute.

This class is a tough class, but I learned how to calm myself down as a teacher before approaching the kids. This was a huge benefit of the program for me as the teacher that I didn't expect. Student's behavior has improved remarkably since they have been involved with the yoga program. They display more attentiveness after they have done yoga. They are more cooperative and supportive towards each other, as the yoga program has progressed.

Students have shown greater self-control, when before the yoga program it was a huge ordeal to get them to calm down. The yoga helps me to stay positive and keep control of myself through breathing techniques when there is a situation. This has been a positive way for me to address issues with students.

My students are very energetic; yoga helps them to re-channel the energy in a positive and controlled manner. Yoga gives them more confidences in their mental and physical abilities by relaxing the muscles and reducing stress or strain. Overall a positive experience and a great improvement in student conduct.

The yoga program has been a blessing to the TEP program. We work with kids who have serious behavior problems and this program has provided them with valuable tools that helped improve focus, concentration and anger management. The students look forward to the yoga sessions and the program has proven to be therapeutic as it provides a relaxing and empowering outlet that prepares the kids to deal with the major stress that comes with street life, school and adolescence.

Students participated and enjoyed learning a different way of dealing with stress. I feel the yoga has positively impacted the class and students by giving them positive ways to deal with negative energy. I suspect the "seeds of change" have been planted; I know this is hard to measure, but I am certain that the impact will reverberate within each student when they least expect it.

The benefits of the yoga program are priceless. The classroom environment is quite settled, much less hectic and stressful than before the program. The kids no longer pose the real threat of being viewed as "walking time-bombs" as the general demeanor has mellowed greatly.