

# Yoga Sequencing Designing Transformative Yoga Classes Rar

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masterarbeit aus dem jahr 2015 im fachbereich pädagogik heilpädagogik

sonderpädagogik note 2 0 universität koblenz landau veranstaltung  
sonderpädagogik sprache deutsch abstract die vorliegende arbeit befasst sich  
zentral mit den fragen ob und inwiefern yoga mit geistig beeinträchtigten schülern  
besonderheiten gegenüber kinder yoga aufweist worin diese liegen und wie sich  
ein angebot in der schule mit dem förderschwerpunkt ganzheitliche entwicklung  
umsetzen lässt die arbeit ist in einen umfangreicheren theoretischen teil und in  
einen praktischen teil gegliedert im theorie teil wird zuerst yoga im allgemeinen  
definiert um eine grundlage für die weiteren themen zu bilden daran anschließend  
werden anliegen und argumente genannt welche den einsatz eines yoga  
angebotes für kinder und jugendliche begründen in kapitel 4 wird die thematik  
yoga mit schülern des förderschwerpunktes ganzheitliche entwicklung behandelt  
und es werden besonderheiten herausgearbeitet damit einher geht die  
auseinandersetzung mit kinder yoga an dieser stelle wird es zusätzlich interessant  
sein herauszufinden ob sich yoga auch für den gemeinsamen unterricht im sinne  
der inklusion eignen würde im nachfolgenden kapitel 5 erfolgt eine darstellung der  
umsetzungsmöglichkeiten von yoga in der schule mit dem förderschwerpunkt  
ganzheitlicher entwicklung zuletzt schließt sich der praktische teil an worin der  
versuch einer durchführung von yoga in der schule mit dem förderschwerpunkt  
ganzheitliche entwicklung umfassend beschrieben wird die beantwortung der  
zentralen fragen wirft einige unterfragen auf was verbirgt sich hinter dem begriff  
yoga und welche gründe sprechen für das angebot von yoga mit kindern und  
jugendlichen was kann unter kinder yoga und unter yoga mit geistig  
beeinträchtigten kindern genau verstanden werden warum eignet sich die  
anwendung mit schülern des förderschwerpunktes ganzheitliche entwicklung und  
worin liegen schwerpunkte und methodische besonderheiten bei der gestaltung ist  
yoga mit schwer mehrfach beeinträchtigten menschen möglich wie lässt sich yoga  
in der schule mit dem förderschwerpunkt ganzheitliche entwicklung umsetzen als  
philosophie sport therapie im unterricht integriert oder als eigenes fach kann bei  
einer praktischen umsetzung von yoga in der schule mit dem förderschwerpunkt  
ganzheitliche entwicklung festgestellt werden ob sich das angebot eignet motiviert

es schüler zur freiwilligen teilnahme und wie ist die methodische gestaltung zu bewerten welche erkenntnisse gehen daraus hervor

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