

Students and Yoga

On February 20th, 20 bleary eyed students at Hampton High School wandered into their 7:30 am gym class expecting to have their usual aerobics session. Instead, those students, along with their 3rd period classmates were treated to an introductory yoga class presented by Matthew Imhof, co-owner and teacher at Santosha Yoga Center, located in Richland Township.

The idea for this class came when Mrs. Colleen Geyer, a physical

education teacher at Hampton, was searching the internet and found the name of a former student, Holly Lassila, listed as the owner of Santosha. Mrs. Geyer contacted the studio and learned that Holly had been practicing yoga for 20 years, teaching for 10 years and in 2006 opened Santosha with her husband Matt. Holly was a freshman and member of the gymnastics team in 1976, the same year that Mrs. Geyer began teaching and coaching. Some 30 years later, these two individuals switched roles and the teacher became the student.

After a brief introduction by Mrs. Geyer, Matt began by asking the students

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about their yoga knowledge. Only two students in the 7:30 am class had any yoga experience (as compared to over 15 in the 9:00 am class) but all were focused and ready to begin. Over the next 30 minutes, Matt led the class through an introductory Vinyasa Flow Yoga class where the students learned some basic yoga postures and terminology, breathing techniques and relaxation exercises. "It was an interesting experience," said one of the students. "I always thought yoga was only about stretching and relaxing. Today I learned that yoga can be a tough workout as well." Another student said, "I really enjoyed the

relaxation at the end. The balance and coordination part of class were areas I had difficulty with, but it was fun."

As class concluded, Matt thanked Mrs. Geyer and the students for inviting he and his wife to come and teach the classes a little bit about yoga. "It is always enjoyable to teach individuals who are new to yoga and show them what it is all about", said Matt. "Hopefully they left with a better understanding and appreciation of yoga's benefits and purpose." If the relaxed and smiling looks on their faces were any indication, the class appeared to be a success.

Pi Day

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from the community. The teachers' gratitude goes out to the community businesses that donated prizes which were awarded to over 60 different students.

Every student participated during his/her math class, which is 41 minutes long. "The students seem to really enjoy it. They get prepared for it sometimes weeks

and months in advance. You can hear students reciting digits of pi in the hallways just to get ready for that day," said Amy McKaveney, Math Teacher.

Activities included: Pi Recitation – Students competed to see how many digits of pi they could recite from memory (one student recited 1,030!), Pi Rap – Students created their own pi rap song and recited the rap on Pi Day, Calculator Art – Students had to use various

equations to graph objects on their graphing calculator, Plinko – Taken from the popular Price is Right game, students had to answer pi related questions and earned a chip for correct answers which they dropped down the Plinko board to earn points, Circle Nim –

Students competed against a partner for who could strategically place the last circle on a game board, Bean bag toss, Circle toss, and Frisbee toss – The students had to toss the circular objects into/onto circular holes, Hula Hoop contest – Students competed to see how long they could hula hoop, Pi T-Shirt – Several months ago, the students submitted a logo for this year's t-shirt design and a winner was chosen. We had about 250 orders for the shirt. All the students wore the shirt they purchased or decorated on their own for Pi Day, Guessing Game – Students had to guess the number of pieces of candy in a jar and the volume of the jar (using pi), Pi Eating Contest – At the beginning of each period, a representative from each class participated in the pi eating contest. We awarded a 1st, 2nd, and 3rd place to those who could finish their pie the fastest. Prizes were awarded to the top 23 scorers from that day. Another 44 names were

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