

# Reroot-to-Reboot:

## A 6-Week Yoga and Digital Wellness After-School Program for Middle-School Students

**Sign-Up Here:** <https://www.fulllotusyoga.net/workshops-events>

**The Challenge:** Middle school students face an unprecedented 24/7 digital landscape. Standard directives to "get off screens" often lead to pushback. Youth desire autonomy, focus, and peer connection—but their developing nervous systems are constantly hijacked by engineered digital dopamine loops, resulting in elevated anxiety, poor posture, social comparison and sleep deprivation.

**Our Solution:** *Reroot-to-Reboot* bridges physical movement and breathwork with tangible digital well-being principles to empower students to regain control over their attention, mood, and digital choices. Using yoga to "reroot" into their bodies, students learn how to "reboot" their nervous systems through self-regulation and emotional resiliency.

### Core Program Pillars:

- 1. Somatic Regulation:** Each week students will learn new breathing exercises and targeted yoga postures to help them build awareness and course-correct of stress triggers resulting from constant online stimulation.
- 2. Digital Agency:** Each week students will engage in reflective and focused discussions focused on a digital wellness theme, digital habits, and "off-the-mat" exercises to improve digital wellbeing.

### 6-Week Curriculum Blueprint:

| Week | Digital Wellness Theme                       | Yoga and Breathwork Tools                                                                                                            |
|------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 1    | Introduction to Digital Wellness             | <ul style="list-style-type: none"><li>• Introduction to sun salutations</li><li>• Box breathing</li></ul>                            |
| 2    | Dopamine Loops and Notification Fatigue      | <ul style="list-style-type: none"><li>• Cultivating focus through balancing postures</li><li>• Alternate Nostril Breathing</li></ul> |
| 3    | Tech-Neck and Cyber-posture                  | <ul style="list-style-type: none"><li>• Back-bending postures</li><li>• Tri-bandha breathing</li></ul>                               |
| 4    | Sleep Hygiene and Overstimulation            | <ul style="list-style-type: none"><li>• Forward folds</li><li>• Bumblebee breathing</li></ul>                                        |
| 5    | Social Comparison and "FOMO"                 | <ul style="list-style-type: none"><li>• Spinal twists</li><li>• Kapalbhathi breathing</li></ul>                                      |
| 6    | Reclaiming Agency through Setting Boundaries | <ul style="list-style-type: none"><li>• Create-your-own yoga flow</li><li>• Ujayi Breathing</li></ul>                                |