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Drama Yoga for Japanese ADHD Students

Panel: Life and Longevity

Yoga, classical knowledge for well being, became an educational tool for ADHD students in Western countries. My question was how to structure the class practically and how it works for Japanese students.

In 2013, Okinawa Edu and I held monthly Drama Yoga lessons for ADHD students with a guidance of Kano Ito, Okinawa Women's Junior College Assistant Professor.

Drama Yoga is a combination of Drama and Yoga education. First, dramatic story helped to expand students' attention span. Second, group yoga poses make them focus and communicate better. The most importantly, students discovered their own hidden talents through dramatic approach.

In this paper, I will introduce a practical method and the benefits of Drama Yoga for Japanese ADHD students.