

6th-8th grade-Yoga & Body awareness:

Yoga can increase your body's awareness, relieve stress and reduce muscle tensions. It also has benefits that can help your mental sharpness, which includes attention and concentration. Yoga calms your body and relaxes your mind. Yoga stretches your muscles and increases blood flow. When you practice Yoga it will increase flexibility, strength, and coordination. Yoga has many positive benefits and it is safe to practice each day.



Where to begin:

*Wear comfortable clothes *Use a Yoga mat if you have one (if not that's ok too)*Focus on your breathing- In through your nose- out through your mouth* Give it a try & do your best*

Below are some videos that you can try each day. Some yoga instructors you may like more than others. Give them a try and incorporate Yoga into your daily routines.

Great beginner videos:

<https://www.youtube.com/watch?v=3QI411IpJM&feature=youtu.be>

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

These Yoga videos you can practice with family members:

<https://www.youtube.com/watch?v=dogNpG2XVSE>

<https://www.youtube.com/watch?v=9XBnftTBmAk>

This video allows you to focus on your body's awareness:

https://www.youtube.com/watch?v=Bk_qU7I-fcU