



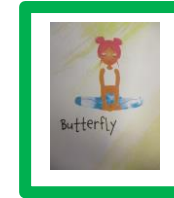
All about... Yoga



Did you know that...

- **Yoga** helps to improve your child's attention span, studies show that teachers have seen a positive change in children's ability to focus
- **Yoga** is a fun way to relax, anything that can help a child relax is a positive
- **Yoga** is good for balance
- **Yoga** builds strength, within 12 weeks of yoga practice you will begin to see improvements in physical strength
- **Yoga** stimulates imagination
- **Yoga** helps concentration
- **Yoga** enhances flexibility
- **Yoga** improves memory
- **Yoga** improves behavior

Do you remember these poses?



These were the first poses we used at the beginning of our 'Yoga Bears' journey. Can you practice these at home, trying hard to balance during the tree pose. Remember to breath in through your nose and out through your mouth whilst carrying out these poses, and hold the pose for 8 seconds.

Yoga Breathing Activity

Sitting in our starting pose for yoga (sitting on our bottoms, with legs crossed), put each hand onto your ribs, as you take deep breaths in and out, feel how your body moves with each breath. Take small breaths and then take some big huge breaths, can you feel the difference?

Controlled breathing has been shown to reduce stress, increase alertness and boost your immune system.

Watch out for our weekly yoga sessions on Twitter.