

Yoga and Mindfulness

Overview

Yoga is for every body! It's often assumed that one must already be flexible and physically fit to participate in yoga. One of the many great aspects of yoga is that it can be modified to fit the age, goals and abilities of almost anyone. Its inclusive nature and ability to be practiced almost anywhere and with very little equipment makes it a great fit for classrooms, play spaces, recess, before and after school programs, and even at home.



But, what exactly is yoga? Yoga is an activity that includes breathing techniques, yoga poses and mindfulness. One of the most common breathing techniques used in yoga is diaphragmatic breathing. Mindfulness is the practice of focusing your attention on the present moment. In yoga, participants often use breathing and yoga poses to help the mind reach a state of mindfulness. Yoga has the ability to help kids *and* adults be more active, flexible and mindful for an increase on overall well-being!

Take Action