



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Yoga Exploration!

Yoga helps to instill confidence and teaches youth to persevere, be patient, and work towards their goals. It also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

Find a comfortable seat and click this link to get started: <https://openphysed.org/wp-content/uploads/2019/11/Audio1-Body-Scan.m4a>