



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Yoga Reflection

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

Relax and Reflect with this audio clip: <https://openphysed.org/wp-content/uploads/2019/11/Audio7-Reflection1.m4a>