Scientifically proven benefits of practicing yoga:

* Improve relationships and communication
* Relieve tension, stress and anxiety
* Develop emotional self-regulation
* Support physical, mental and emotional balance
* Teach cooperation, social skills, respect
* Develop physical stamina, flexibility and strength
* Improve concentration, focus and present-moment awareness
* Promote creativity and imagination
* Increase productivity
* Strengthen immune system and promote wellness
* Enhance cognitive functions such as memory, recall and relational thinking
* Invite joy, peace and stillness:
* Improve academic confidence
* Reduce performance anxiety
* Enhance cooperative learning
* Provide kinesthetic learning

Benefits of intentional breath exercise:

* Space in the mind supports clear perspective, rational processing and creative thought.
* Intentional breathing creates a focal point for improved concentration and retention, also improving the efficiency and efficacy of time spent on a task.
* Breathing exercises can increase calm or increase energy, as needed, throughout the day, bringing balance to the physical body.
* Calming breath, such as left-nostril breathing or long exhales, can reduce social tension, reduce test anxiety, reduce heart rate and improve digestion, by stimulating the parasympathetic nervous system.
* Activating breath, such as right-nostril breathing or short exhales, can help overcome inertia and improve productivity and decision-making.
* Breathwork promotes mind-body awareness, which increases empathic connection with others.
* Diaphragmatic breathing releases oxygen into the bloodstream, promoting mental clarity and improving circulation.
* Deep breathing detoxifies the blood, and can massage internal organs.
* Breathing can help overcome negative emotions such as anger, frustration, greed or arrogance.
* Overall, breathing exercises create a lightness of body and mind, promoting inner peace. To feel great any time of day or night, stop and breathe!

There are so many fun ways to practice breathing! We hope that you will have fun breathing at home with your children!

*Sample Breath Practice:*

*Close your eyes and inhale to the count of four. Turn your head to the right and exhale to the count of five. Take your head to center and inhale to the count of four. Turn your head to the left and exhale to the count of five. Continue for one minute.*

Sample take-home yoga practices:

*Mountain*

* ATTITUDE:
  + Name something that made you happy yesterday.
  + Imagine something that will make you happy tomorrow.
* ALIGNMENT:
  + Practice rooting your feet into the ground and standing up tall and sturdy in Mountain pose
  + Imagine a Happy Sturdy Mountain.
* ACTION:
  + Choose something to do that might help someone else feel happy.
* AFFIRMATION:
  + I am happy.

*Warrior*

* ATTITUDE:
  + Name a way in which you are strong.
  + Name a way in which you can be determined.
* ALIGNMENT:
  + Spread your legs wide and root your strong legs into Warrior 2 pose. Spread your arms wide and look over your fingertips.
* ACTION:
  + What is something you can do when you feel brave?
* AFFIRMATION:
  + I am brave.

*Evening family routine*

* ATTITUDE:
  + “Flying Bird” Breath: Hold hands with those around you. Lift your arms up and breathe in. Lower your arms down and breathe out. Can you do this 3 times slowly? Try this before dinner. Notice what your food looks, smells and tastes like, and what sounds you hear during dinner. Notice how you feel.
* ALIGNMENT:
  + Come into Table pose on your hands and knees. Extend one arm straight forward and the opposite leg straight behind you. Repeat with the opposite leg and arm. Then “thread the needle” by taking your right shoulder and ear to the ground and extending your right arm long along the ground. Your right cheek is resting on the ground and you are looking to your left. Breathe here then do this on the opposite side. Try this before brushing your teeth. Notice how you feel.
* ACTION:
  + Do Camel Pose in a chair and name something you did today that was kind. Try this before bed. Notice how you feel.
* AFFIRMATION:
  + I am aware.