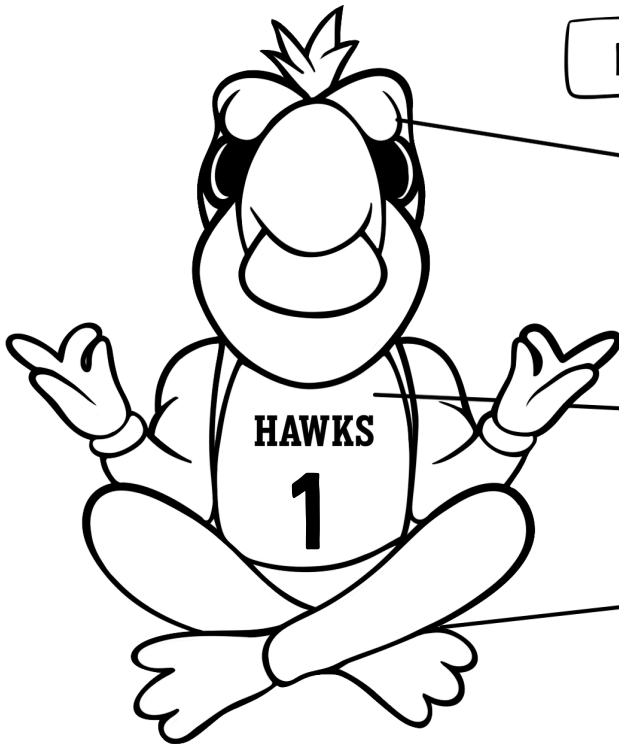


DISCOVERING YOGA



YOGA IS A WAY TO MOVE YOUR BODY AND CALM YOUR MIND. IT USES STRETCHES, POSES, AND BREATHING TO HELP YOU FEEL STRONG, RELAXED, AND FOCUSED.



PRACTICING YOGA HELPS YOUR...

MIND

Reduces stress, helps you focus, and improves your mood.

FEELINGS

Helps you identify and handle big emotions.

BODY

Makes you strong, flexible, and balanced.

EXAMPLES OF WHEN YOU PRACTICE YOGA:

- Before or after homework
- When you have big feelings like anxiety, anger, or excitement
- Before or after physical activity
- When you wake up in the morning
- Before you go to bed

IF I CREATED A YOGA POSE...

I would name it:

It would look like this:

DID YOU KNOW?

Many yoga poses are named after animals and nature, like tree, butterfly, dog, and moon!



YOGA WITH JOE JOHNSON

SCAN ME!



ALL ABOUT JOE JOHNSON

What team did Joe play for when he was introduced to yoga?

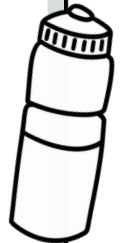
What's one thing Joe learned about himself through yoga?

What is Joe's nickname?



What was one misconception or false belief that Joe had about yoga?

Blank space for writing an answer to the question above.



In what ways did practicing yoga help Joe?

Blank space for writing an answer to the question above.

In what ways would you like yoga to help you?

Blank space for writing an answer to the question above.

