

This is the final month of our Health Awareness Trilogy: Mind, Body, and Soul at Making Moves. What better way to end the series with Soul. For the entire month of June we are focusing on our Soul. This week we are discussing yoga and how it helps relieve stress and daily pressures in our lives. Yoga (meaning *union* or *yoke*) is the practice of accessing and integrating all aspects of our true nature -- body, mind, and spirit -- in the pursuit of inner harmony. Our children live in a hurry-up world of



busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better. Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive.

Fostering cooperation and compassion—instead of opposition—is a great gift to give our children. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.



Did you know???

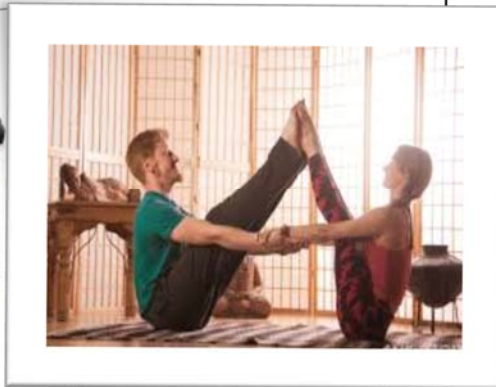
Yoga is beneficial to children of all ages, but it has been found to be particularly great for kids with special needs.

Partner Up and Pose

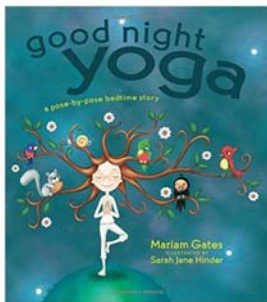
Partnering up for a simple yoga session is a playful way to help your child keep her mind and body balanced. Even better, it doesn't require much setup, just a nonslip yoga mat and a wide-open space.

How yoga benefits your child's overall well-being:

- It Enhances Physical Flexibility
- It Refines Balance and Coordination
- It Develops Focus and Concentration
- It Boosts Self-Esteem and Confidence
- It Strengthens the Mind-Body Connection



Check this book out...



For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents *Good Night Yoga*, a playful yet wholly practical book for preparing for sleep.

This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature.

