

We look forward to yoga every week. It is a time of quiet activities for all of us. Some children have more difficulty in calming themselves down but with reminders of what we have learned in yoga seems to help them. Focusing on our breathing helps us in stressful situations.

I have used the breathing techniques in class. When I do I mention it aloud so that the children are aware that they too can also use them when needed.

Our yoga lessons have taught us how to become more aware of ourselves as well as other people and the world around us.

Renee Morse
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