

Yoga makes me feel good that  
I am strong, brave and a good  
person. When I am stressed, it teaches  
me how to get over it and CALM  
DOWN. ~~But~~ Laura teaches with such  
a kind voice, it really helps. When  
I am nervous, yoga teaches me ways  
to deal with it. Also, waking up and  
falling asleep is VERY hard but yoga  
~~the~~ teaches me poses for it.

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Rachel age 10