

PROJECT "FAIR PLAY 4 INCLUSION"

YOGA

On Thursday 21th October **ENTREJUEGOS** organised a new yoga activity for the project "**FAIR PLAY 4 INCLUSION**" (Erasmus+ Sport).

In a session for beginners, 4 young people enjoyed the benefits of this traditional discipline that helps to harmonize body and mind.

They practiced various basic yoga postures and breathing and meditation exercises, very useful for relieving tensions and contractures, and improving flexibility and posture.

With this activity we continue working on one of the objectives of the project, which is to promote healthy physical and mental habits.

Thanks to Ana for directing this activity for **ENTREJUEGOS**.



FAIR PLAY 4 INCLUSION

YOGA

ALAMEDA (MÁLAGA), 21 DE OCTUBRE 2021



Co-funded by the
European Union



Links of the Facebook and Instagram Advertisement Post:

https://m.facebook.com/story.php?story_fbid=553836472536663&id=100037309450680

<https://www.facebook.com/299217374314371/posts/881919076044195/>

https://www.instagram.com/p/CVN_UI3NpIj/?utm_medium=copy_link



FAIR PLAY 4 INCLUSION

YOGA

21 DE OCTUBRE DE 2021, 19H

PEÑA MADRIDISTA



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Links of the Dissemination Post of the activity:

https://m.facebook.com/story.php?story_fbid=559813988605578&id=100037309450680

<https://www.facebook.com/299217374314371/posts/888248762077893/>

https://www.instagram.com/p/CVoCcG1NiaN/?utm_medium=copy_link

News in the Website:

<https://asociacion-entrejuegos.weebly.com/yoga-octubre-2021.html>

Date: 21/10/2021

Venue: Alameda, (Málaga) - SPAIN

Activity carried out: Yoga (1h 30 min)

Aims: Promote healthy lifestyle based on regular sports activities, prevent unhealthy habits, promote sports activities during leisure time to improve mental health.

Target Group:

Number of participants: 4 youth

Direct Beneficiaries: Participants, volunteers, Local Community.

Indirect Beneficiaries: youth of our local community, public services of the Municipality of Alameda, members and volunteers of our association, other organisations, project's partners.