

Yoga

W3 - I can plan for and engage in body management activities.



Step 1: Find a yoga video to follow. Here are some choices below:

Yoga for beginners (20 minutes):

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Vinyasa flow for beginners (20 minutes):

<https://www.youtube.com/watch?v=HmZFwoUU3WQ>

Yoga for core and back strength (15 minutes):

<https://www.youtube.com/watch?v=jGsIl8xtbcQ>

Yoga for balance and stability (15 minutes):

https://www.youtube.com/watch?v=AT_Eon4STrw

Step 2: Engage in a mindful yoga practice. You will need a yoga mat and follow the video for instructions.

Step 3: Reflection:

- 1) Did you enjoy your yoga practice? Why or why not?
- 2) How does your body and mind feel after you completed the yoga workout?
- 3) Why do you think it is important for people to practice yoga?