



## Yoga and The Basics

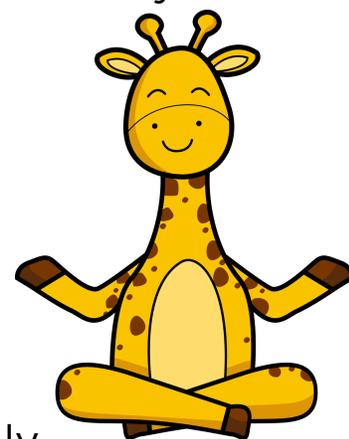


**Maximize Love, Manage Stress** - Yoga creates opportunities for bonding and stress relief. Practice yoga poses together to foster connection and a calm environment. Guided breathing techniques can help both children and adults manage stress.

**Talk, Sing, and Point** - During yoga sessions, use descriptive language to explain poses, sing relaxing chants, or point out movements. Engaging communication builds vocabulary and emotional connection.

**Count, Group, and Compare** - Integrate counting into your yoga practice by numbering poses or counting breaths. Compare poses or group stretches based on their similarities to encourage early math thinking.

**Explore Through Movement and Play** - Yoga naturally incorporates playful and mindful movement. Encourage children to experiment with poses and explore balance and coordination, promoting creativity and physical confidence.



**Read and Discuss Stories** - Combine storytelling with yoga by acting out stories through poses (e.g., pretending to be animals or trees). Discuss the story afterward to build comprehension and spark imagination.

