

Breathe, Balance, Smile: All About Yoga

Stretch, Bend, and Breathe: Discover the Fun of Yoga!

- What is yoga?
- Why do people do yoga?
- What do we need to do yoga?
- What is the main aim of yoga breaths?
- Who invented yoga?
- How often should we practice yoga?

Did you know? Did you know that yoga is an ancient practice that originated in India over 5,000 years ago? It's a special way of moving our bodies to make us feel happy, strong, and calm.

Key vocabulary: yoga · breathing · stretching · balance · flexibility · calm