

Yoga with Nova: Find Your Calm

Stretch, breathe, and shine with Nova the Owl!

- Yoga helps your body become more flexible so you can move easily.
- Deep breathing helps your heart stay healthy and keeps your mind calm.
- Holding a pose helps you build strong muscles and improves your balance.
- Practising yoga helps you focus better when you are doing your school work.
- Yoga is for everyone! You do not need any special equipment to join in.

Did you know? Did you know? Nova the owl loves yoga because it helps her stay very still and quiet while she watches the stars at night. Yoga has been practised for thousands of years to help people feel strong and happy!

Key vocabulary: Balance · Flexibility · Breathe · Focus · Calm · Posture · Stretch