

Yoga: Finding Your Balance with Max

Stretch, Breathe, and Find Your Centre!

- Yoga helps to improve your flexibility, which allows your muscles and joints to move more easily during other sports like football or swimming.
- Practising regular deep breathing during yoga can help you feel more relaxed and focused when you are feeling stressed or busy with schoolwork.
- Holding poses, like the Tree Pose, builds core strength and improves your balance, which is essential for coordination in PE lessons.
- Yoga encourages mindfulness, which means paying full attention to the present moment rather than worrying about the past or the future.
- You do not need any special equipment to practise yoga; all you need is a clear space and a comfortable mat or a soft surface to support your body.

Did you know? Did you know that the word 'yoga' comes from the ancient Sanskrit language and means 'to join' or 'to unite'? It represents bringing together your body, your breath, and your mind to help you feel calm and strong!

Key vocabulary: Flexibility · Mindfulness · Posture · Balance · Concentration · Resilience