

Mindful Movement: The Yoga Journey with Leo the Lion

Find your inner calm and stretch your limits—join Leo the Lion on the mat today!

- Yoga helps improve your flexibility by gradually lengthening your muscles through steady, controlled poses known as asanas.
- Practising mindful breathing, or pranayama, helps to calm your nervous system and improves your concentration during tricky school subjects.
- Core strength is developed by holding balancing poses, which protect your spine and help you maintain excellent posture throughout the day.
- Yoga is a non-competitive activity, meaning the goal is to focus on your own personal progress rather than comparing yourself to others.
- Regular sessions can increase your resilience, teaching you how to stay calm and patient when faced with a difficult challenge.

Did you know? Did you know? The word 'yoga' comes from an ancient language called Sanskrit and means 'to yoke' or 'to unite'. It represents the connection between your physical body and your focused mind, helping you feel steady and strong, just like a lion in the savanna!

Key vocabulary: Flexibility · Mindfulness · Posture · Resilience · Core strength · Controlled breathing · Asana