

Yoga, Meditation, Relaxation for Mental Wellness

Why?

Science tells us that practicing mindfulness every day reduces stress, improves concentration and overall health. Meditation and yoga is one way to practice mindfulness.

Why now?

We know more about the benefits of mindfulness activities now more than ever with new science. Also, we have the need. Today most families are over scheduled. We live in a fast paced, linked in culture which leaves little time for the brain to clear and calm. Our brains need more time to download new information and process. Our bodies need more moments of calm. Our brains and bodies need to connect. This connection improves emotional regulation, coping, concentration and overall health and wellness.

Yoga and Meditation Resources

Youtube Videos:

ABC Yoga for Kids

Cosmic Kids

Yoga with Adriene

Yoga for kids in the Classroom

Classroom Meditation : Yoga with Adriene

Kids Zen Den: Mindfulness for kids

Materials/Games:

Yoga dice

Meditation cards

Yoga activity mat

Books

Meditation Apps:

"Breathe Kids"

"Smiley Mind Meditation"

