

## Yoga and Mindfulness

quick results, mentally and physically

Instructor: Mrs. Ashley Johnson

Email: [Asjohnson@wtps.org](mailto:Asjohnson@wtps.org)

**Why Yoga?** Yoga has benefits for all ages. Yoga is a way to connect with a community, build positive self-esteem, improve strength (mental and physical), improve focus, improve self-control, improve sleep, and endless health benefits!

### Further Benefits of Yoga:

- **Mood-** the mind-body connection. When we feel pain, we feel it physically, psychologically, and emotionally. Yoga creates a strong mind-body connection to strengthen our responses.
- **Stress-** chronic (ongoing) stress causes illness. Yoga helps people manage stress levels.
- **Anxiety-** Yoga teaches controlled breathing.
- **Self-control-** Yoga practices controlled movements that require focus. This will translate to self-control in all aspects of your life.
- **Positive outlook on life-** Yoga can change the brain chemistry and improve mood.
- **Athletic Performance-** Strength, flexibility, balance and endurance are practiced through yoga routines. Yoga can help protect a person from injury, and improve overall athletic performance.
- **Sleep-** Having a yoga routine before bedtime can improve sleep. Even just 15 minutes of yoga, the calm movements can help get the body ready for sleep.

### Further Resources on Benefits of Yoga:

<https://www.intrayogatherapy.com/77-health-benefits-of-yoga>

### A few Types of Yoga Practices:

**Hatha-** what generally comes to mind when people think “yoga”. General poses and breathing,

**Vinyasa-** A flow of postures and positions.

**Yin-** targets deep connective tissue, holding positions for about 5 minutes at a time.

### Yoga Resources: Virtual and In-Person

**YouTube:** Yoga with Adriene, Lululemon Yoga, Sarah Beth Yoga, Breathe and Flow Yoga, Yoga with Cassandra

**Places to go:** (some offer virtual) New Moon Hot Yoga (East Greenwich), Tribe Hot Yoga (Mantua), Yoga Inspired (Pitman), Experience Yoga Studios (Blackwood), Laughing Buddha Hot Yoga (West Deptford), Yoga on the Pier (Philadelphia), Yoga on the Beach (Cape May, Ocean City, Sea Isle, Avalon).

## **Mindfulness for all ages**

### ***Mindfulness-***

- taking your time to become aware of what you're doing.
- Step back, become present in the moment, and tap into your inner strength and resilience.
- Helps you do your best.
- Pay attention.
- Listen better.
- Get along better.
- Stay calm under stress.
- Gain self-control.
- Happiness and Enjoyment.

### ***Tips-***

- **4,7,8 Breathing:** Breathe in for a count of 4. Hold for a count of 7. Exhale for a count of 8. Paying attention to breathing helps melt anxiety away.
- **4 Square Breathing:** use this technique before doing something stressful (taking a test, competing...) Breathe in for a 4 count, hold for a 4 count then exhale for a 4 count. Repeat a minimum of 4 times.
- **2 + 4 Breathing:** Quick energy boost. When we exhale for a longer period of time than we inhale, our immune system kicks in and drives our bodies to become more alert. Inhale for 2 counts, hold for 2 counts, and exhale for 4 counts. Repeat minimum of 10 times.
- **Positive self-talk:** recognize your strengths, reality check.