

## Bodies in Motion – Lesson 1

Hey guys!

Have you ever heard of Yoga?

Body awareness, mind awareness, and soul awareness.

A lot of activities are full of fun and great for your circulation! Yoga is helpful to us in SO many ways. It can help us calm down when feeling stressed. It can help us sleep better and so much more!

Check out this video to go through a free guided yoga class! There are plenty more on Youtube that fits your level and if you want to try out different teachers. Just like other classes, your experience may be different with a different teacher or version of yoga (fast/slow/ or more/less strength/flexibility).

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Making exercise a daily routine in your life will have so many benefits to every aspect of your life, including reducing stress, increasing energy levels, and an over great outlook on your body and life!

Keep moving forward!

Tori