Yoga

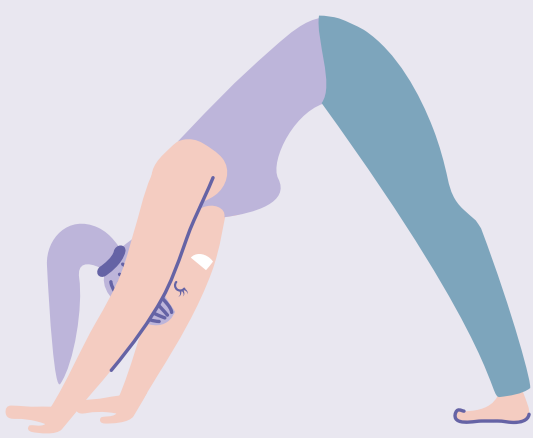## Yoga's Benefits For Sleep

- Yoga provides proprioceptive input organizing the system.
- It is found to reduce stress, anxiety, and increase coping skills in some children.
- Practicing yoga while deep breathing can move the child from fight or flight into a rest and renew state
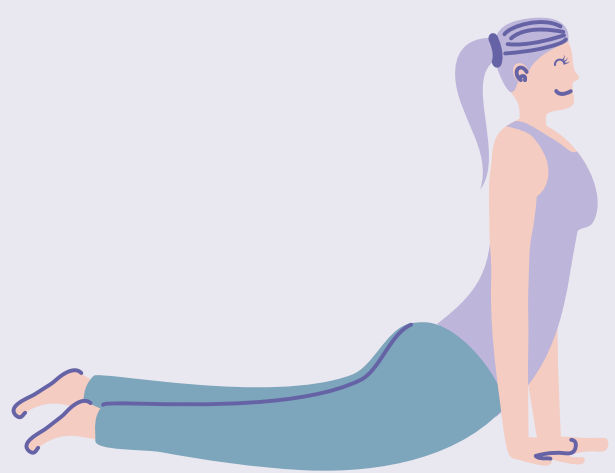
Yoga Poses

Downward Dog

Warrior Pose

Tree Pose

Cobra Pose

Boat Pose

Lotus Pose

Remember
Hold each pose for 2-3 minutes while deep breathing

ZZZ