

Coping Skills 101

Yoga and Meditation

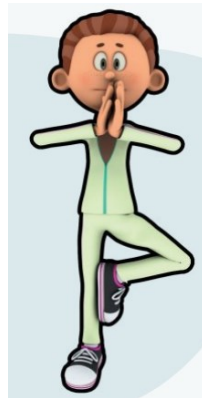
Utilizing Yoga and Meditation as a Coping Skill

Yoga provides training of mind and body to bring emotional balance. Yoga and meditation can help children improve focus, memory, attention span, mental resilience, self-esteem, academic performance and classroom behavior. Children also learn to recognize how they're feeling and communicate about their feelings.

Child's Pose



Tree Pose



Triangle Pose



Easy Pose/Meditation



Downward Facing Dog



Presented by Conscious Connections Youth and Family Counseling

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