

# YOGA

## FOR

# TEENS



Term Schedule – Yoga for Adolescents Kundalini House, 3:30-4:50pm (class time: 3.45-4.45pm)

Week	Date	Class Topic	What will I learn?
1	Thursday 9th Feb	Mindful awareness	How to use your breath to connect to the present moment.
2	Thursday 16th Feb	Relax the body	Strategies to relax your physical body and rest.
3	Thursday 23rd Feb	Calm the mind	Practices for calming your mind if you are worried or stressed.
4	Thursday 2nd Mar	Clear thinking	Yoga ideas for improving concentration, memory and thinking for learning.
5	Thursday 9th Mar	Develop acceptance	Practices for how you can accept yourself just as you are.
6	Thursday 16th Mar	Express emotions	Methods you can use to express your feelings release any pent up anger.
7	Thursday 23rd Mar	Go with the flow	Ways to connect with the natural flow of your energy.
8	Thursday 30th Mar	True self	Techniques for celebrating your strengths and true identity.

"You are very powerful, provided you know how powerful you are." - Yogi Bhajan