

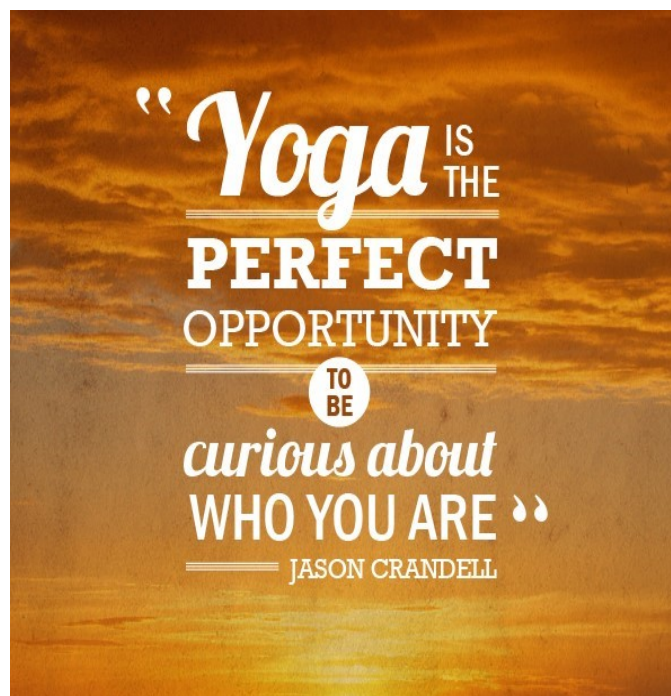


# BE CREATIVE: WHY NOT TEACH YOGA!

COASTAL CAROLINA UNIVERSITY - DR. SANDRA NELSON - ASHLEY JORDAN - JONAH FESKO

## Yoga in your program will...

- ◆ Improve Flexibility
- ◆ Improve Breathing
- ◆ Improve Blood Pressure
- ◆ Improve Focus
- ◆ Help With Student's Anxiety (especially on test days)
- ◆ Teach Students a Better Way to Deal With Stress
- ◆ Encourage Life Long Activity
- ◆ Increase Student Participation



## In This Session You Will

- Be led through a yoga lesson that has been successfully taught.
- Be led through a short meditation session.
- Learn tips to help you to introduce yoga into your program.
- Hear about students' reactions to the yoga at the middle school level.
- Be given the opportunity to ask questions about program introduction.

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**IF YOU DON'T TEACH THEM WHO WILL?**

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