



Weekly Theme: Respect

What I learned today in
Yoga & Mindfulness Class

Mindful Breathing

Balloon Breathing

Place hands on stomach and
notice belly full up like a balloon
on the inhale and deflating on the
exhale

Yoga Poses – Cat / Cow

Positive Affirmations:

I am respectful.

I am considerate.

I am polite.

Question to Ask:

When did you show respect today?



Weekly Theme: Peace

What I learned today in
Yoga & Mindfulness Class

Mindful Breathing

Bunny Breath

Inhale 3 times through the nose
and exhale out of the mouth

Yoga Pose - Tree

Find a spot to focus on while
lifting one leg to your ankle,
calf or thigh

Positive Affirmations:

I am peace.

I am still.

I am centered.