

## Yoga with Anita-Breath and Relax



**New Directions: Health and Wellbeing and Personal and Social Development.**



Name:



Date:

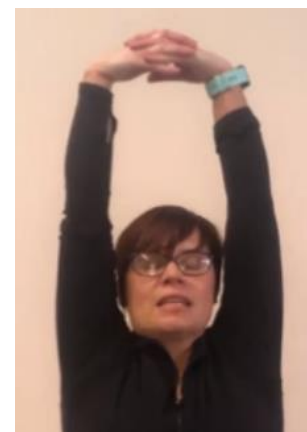
**What makes the room feel relaxing for you?**



**Can you hear yourself breathing?**

**Are you breathing fast or slow?**

**Are you breathing loud or soft?**



**What does it feel like when you move your arms like Anita tells you?**



**How many times each week do you like to do yoga?**

<b>Write in each time you do yoga</b>	
<b>Day</b>	<b>How I feel after my Yoga class</b>