



Information sheet

12-teens

Throughout this time the body is undergoing many physical and emotional changes as it grows towards adulthood. Yoga is about creating balance within the body.

Teenagers often show emotional, physical and chemical imbalances with rebellion and mood swings. Through regular yoga practice teens can help maintain balance in the body as they become more aware of their own mind and body.

In class, we teach our body and mind to work together. Through regular practice a teenager will feel balanced, self-confident, happy and have a more positive outlook to life.

Yoga is also particularly helpful to calm exam pressures, and through posture work and relaxation techniques we help teens work towards facing life's challenges, such as exams, with confidence and self belief.

Benefits of regular Yoga practise...

- Builds flexibility, strength & stamina.
- Breathing exercises strengthen & tone the lungs.
- Boosts self confidence & self esteem.
- Postures massage the internal organs which promotes a healthier inner body.
- Develops a calm & balanced emotional state.
- Techniques taught to remain calm & relaxed in stressful situations.
- Stimulates imagination & creativity.
- Improves concentration, memory & general ability to focus.
- Improves co-ordination.
- Promotes better sleep.

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