YOGA PRACTICES

Postures, Breathing, Relaxation, Meditation

Teen Yoga FOUNDATION

SELF- REGULATION

- ↑Resilience
- ↑Self- Efficacy
- ↑Equanimity
- ↑Stress Regulation
- ↑Emotion Regulation

FITNESS

- ↑Flexibility
- ↑Strength
- ↑Self- Efficacy
- ↑Respiratory function
- ↑Coordination & Balance

AWARENESS

- ↑Cognition
- ↑Mindfulness
- ↑Meta- Cognition
- ↑Attention
- ↑Concentration

SPIRITUALITY

- ↑Transcendence
- ↑Flow
- ↑Transformation
- ↑Unitive State
- ↑Life Meaning/ Purpose

GLOBAL FUNCTIONALITY

- ↑ Life Meaning/ Purpose
- ↑ Quality of Life
- ↑ Physical, Mental & Emotional Performance
- ↑ Physical & Mental Health
- ↑ Social Responsability Values, Relationships
- ↑ Positive Behaviour Change