Yoga is a type of physical activity that combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body.

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus and attention.
- Practice movements that improve flexibility and balance.

### Starting Out
**Beginner**
- Practice one or two breathing techniques.
- Learn how to practice basic standing poses (eg. Mountain, Tree, Chair, etc.).
- Learn how to practice basic floor poses (eg. Table top, plank, cobra, etc.).
- Learn the 4-H yoga pledge along with the yoga movements.

### Learning More
**Intermediate**
- Talk about balancing poses.
- Try “partner poses.”
- Increase intensity. Start by holding basic poses longer.
- Further extend a pose.
- Try a difficult pose.

### Exploring Depth
**Advanced**
- Share yoga practice benefits and discuss Yoga Safety Tips for self-practice.
- Learn about the benefits of each pose.
- Develop your own routine and present it to the project members.

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Help youth:**

### Light Their Spark
A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find:

### Flex Their Brain
The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to:

### Reach Their Goals
Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties.

### Reflect
Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their
Expand Your Experiences!

Healthy Living
- Design and create a yoga sequence for a health fair or community event.
- Create a portfolio of you doing your favorite poses and their health benefits.
- Track your progress by documenting your poses.

Science, Engineering, and Technology
- Research the benefits yoga has on brain functioning.
- Explore the physical benefits each pose has on human anatomy.
- Consider the use of yoga props and their use in improving one’s yoga practice.

Citizenship
- Design a yoga sequence for individuals with special needs.
- Host a yoga night for friends.

Leadership
- Work with the 4-H Recreation Leader to start club meetings with yoga.
- Work with school administration to offer lunchtime yoga to students and staff.

Resources
- University of Arkansas
  www.uaex.edu/4h-youth/activitiesprograms/healthyliving/curriculum.aspx
- The Art of Yoga
  http://theartofyogaproject.org
- Greater Good
  http://greatergood.berkeley.edu/
- Yoga Alliance
  www.yogaalliance.org
- Laughter Yoga International
  http://beta.laughteryoga.org/
- Kids Health
- Iyengar Yoga
  https://iynaus.org/

Connections & Events

Presentation Days – Share what you’ve learned through a presentation.

Field Days – During these events, 4-H members may participate in a variety of contests related to their 4-H Yoga project.

Curriculum

- Yoga for Kids
  www.uaex.edu/4h-youth/activitiesprograms/healthyliving/curriculum.aspx

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

University of California Agriculture and Natural Resources