Yoga! 30 Day Journey!

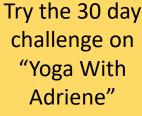
UVHS Learning Through Enrichment

Dr Hirst would love everyone to take part in Yoga everyday! Even a quick 15 minute routine can help:

- 1. Reduce stress and anxiety
- 2. Improve memory and attention span
- 3. Improve flexibility, balance and posture
- 4. Encourage self-care

So lets get up, grab a friend at home and stretch together!

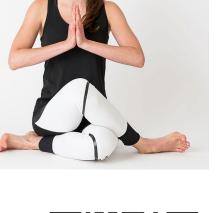




ADRIENE

YOGA

WITH





https://www.youtube.com/user/yogawithadriene





