

# UVHS Learning Through Enrichment



## Yoga! 30 Day Journey!

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!

YOGA  
WITH  
ADRIENE



Try the 30 day  
challenge on  
"Yoga With  
Adriene"



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



Recommended by: *Dr Hirst*



Don't forget to share your progress on Teams 😊