

# Benefits of Teen Yoga



1. **Relaxation and stress management** – helps you to decompress, relax, but more importantly gives you the tools to be able to do this for yourself. Reduces stress, anxiety, fatigue, opens up your lungs, regulates stress hormones, allows you to breathe fully, deeply, allows the mind and body to function at optimum capacity.
2. **Cultivates positive self esteem** – helps you to feel good about who you are – not about what you can do, how you feel about yourself – your body image, your mind, changes negative thought patterns, inner critic and self judgement – self acceptance and self understanding.
3. **Builds strength, flow and flexibility** – help you to build core strength, bone density and muscle tone and definition. Raises your energy levels.
4. **Improves your mood and changes thought processes**– lifts your mood, helps you to change the way you think about yourself, others – critical inner voice, trying to please others, fit in, self-judgement, judging other people – helps you to recognise these patterns, become mindful of them and to change them.
5. **Improves concentration and cognitive functioning** – helps to develop your memory, concentration. keeping focused on the task in hand. Research shows that a 20-minute yoga session every day can improve an adolescent's performance in tests, in terms of accuracy and speed.
6. **Promotes Better Posture** – You may spend a lot of time carrying heavy bags and hunched over a computer or phone – yoga helps you to maintain an upright posture, and strengthens the spine.
7. **Develops inner balance and perspective** – equanimity – you become less driven by your own emotions – anger, impatience, fear, insecurity, doubt – more able to stand back, observe and then respond rather than react blindly to situations.