



Welcome to our Virtual Meditation & Yoga Lab

We hope you guys are ready for a Serene Experience; right at HOME!!!

Take a moment to get familiar with the Zoom icons/options located at the bottom of your screen (Mute, Stop Video, Share, Participants, and More (raise hands, thumbs up, and chat?))
Meditation isn't about becoming a different person, or even a better person. It's about training in awareness and getting a healthy sense of perspective.

BENEFITS OF MEDITATION FOR KIDS:

- Managing Body, Mind, & Emotional Regulation
- Emotional Regulation
- Decision -Making
- Inner Happiness
- Taming Anger
- Attentive Focus
- Thinking and Planning
- Increasing Empathy
- Openness to Communication
- Nurturing Relationships

BENEFITS OF YOGA FOR KIDS:

- Calm down and learn to self-regulate
- Develop mindfulness
- Relieve and release stress
- Build concentration skills and focus
- Increase self-confidence and self-awareness
- Strengthen the mind and the body (Yoga can help strengthen both the will and gross-motor muscles)
- Increase flexibility in body and mind