

WORKSHEET

Are you happy with how often you move?

Why is incorporating movement into our lives so important?

Why is core strength so important?

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What is one exercise (or movement) you can do on a daily basis to improve your core strength?

What are some of the physical benefits of yoga?

What are additional benefits of yoga?

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What equipment will you need to take part in the weekly LIVE yoga classes?

Take one 'small step' today - what will it be?