



LIVE YOUR WHY

Afterschool Edition



Try out this yoga video or do some poses you already know.



Scan this:



youtube.com/watch?v=7kgZnJqzNaU



How do you feel after doing a relaxing activity such as yoga?



What other activities help you relax and slow down?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy