



National Yoga Awareness Month (September)

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10 reasons to practice yoga:

<http://psu5210.wpengine.com/wp-content/uploads/2017/04/1september5210hmc.pdf>

#YOGAMONTH
#5210HC



Post to Social Media

Just copy, paste and post!



Warrior II. Sun Salutation. Triangle. Dolphin. Learn more about yoga moves in September for Yoga Awareness Month. Visit your fitness center today to see what classes are offered and encourage your 1 hour or more of physical activity. Visit the yoga health foundation at www.yogahealthfoundation.org for more information! #5210HC To learn more about 5210 Healthy Children, visit 5210.psu.edu! Visit the fitness center in support of Yoga Awareness Month to learn moves like Warrior II!



Visit www.yogahealthfoundation.org to learn more! #5210HC

Choose a Challenge

Organize a Yogathon

<http://5210.psu.edu/wp-content/uploads/2017/04/1september5210hmc.pdf>

Yoga for Kids

<https://5210.psu.edu/wp-content/uploads/2018/05/FSFCS24.pdf>

Classroom Yoga

<https://5210.psu.edu/wp-content/uploads/2018/05/40-classroom-yoga-ideas-poster.pdf>

Yoga Based Games

<https://5210.psu.edu/wp-content/uploads/2018/05/Kids-yoga-e-book.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS