



# National Yoga Awareness Month (September)

## National Yoga Awareness Month

10 reasons to practice yoga:

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

**#YOGAMONTH**  
**#5210HMC**



## 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](http://www.yogahealthfoundation.org) for more information! #5210HMC

To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)! Visit the fitness center in support of Yoga Awareness Month to learn moves like Warrior II!



Visit [www.yogahealthfoundation.org](http://www.yogahealthfoundation.org) to learn more! #5210HMC

## 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