Yoga for You

Have you ever tried yoga? Yoga (YOGAH) is an ancient practice and form of fitness. It can help people be healthy and feel good by building self-awareness, strength and flexibility in both mind and body.

This week, The Mini Page learns more about this popular practice.

Who practices yoga?

Yoga postures, or asanas (AH-sah-nah), are practiced by people of all ages all over the world. People don’t have to be athletic or in great shape to do yoga.

Practicing yoga helps relieve stress and pain, improves circulation and digestion, and improves balance and concentration.

Yoga is non-competitive and fun to learn for kids and adults. Sometimes kids feel pressure or stress about their schoolwork, their friends or about competitive sports. They are practiced by people of all ages all over the world.

Who practices yoga?

There is no judgment lost confidence.

In yoga, an instructor leads our thoughts so that we become relaxed and focused. Breathing connects the body to the mind and helps create calmness.

Starting out

Beginning a yoga practice is easy.

• You need a clean floor and a mat. You should also have plenty of room to stretch and move.
• Wear comfortable clothes that move with you and that don’t dig in when you bend.
• Have an empty stomach. Wait an hour after eating to do yoga.

Let’s try it

• In warrior pose, you step back with the right foot parallel to the back of your mat. The left knee is bent, and you are low over the floor.
• Your left knee points toward your left little toe. Your right leg is straight. Your arms are outstretched, palms down. You are looking over your left hand.

This pose is good for making your legs and core strong as it opens your chest. You can also do this on the other side.

The pose is called downward-facing dog. It’s a good pose to come back to at any time.

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Try ’n’ Find

Words that remind us of yoga are hidden in this puzzle. Some hidden words are used twice. Try to find:

ANCIENT, ASANA
BALANCE, BREATHE
CHILD, CORE, FITNESS
FLEXIBILITY, FOCUS
POSE, POSTURE
PRANAYAMA, RED
SHAVASANA, STRENGTH
STRESS, TRIANGLE
TWIST, WARRIOR, YOGA

Cook’s Corner

Salmon-Dill Cakes With Mustard Sauce

You’ll need:
• 2% low-fat plain Greek yogurt
• 1/4 cup panko bread crumbs
• 2 tablespoons chopped fresh dill

What to do:
1. In medium bowl, combine salmon, 1/3 cup yogurt, bread crumbs, dill, salt and pepper. Mix well and shape into 4 equal patties, about 1 inch thick.
2. In small nonstick skillet with cooking spray and preheat over medium-high heat. Add salmon cakes and cook for 3 to 5 minutes per side, until golden brown and heated through.
3. In small bowl, mix remaining yogurt and mustard. Serve salmon cakes with sauce drizzled over the top. Serves 4.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. “I Am Yoga” by Susan Verde
2. • “I Am Yoga” by Susan Verde
3. • Some yoga classes end with shivasana. Lie on your back and close your eyes. Allow your body to relax. Picture every muscle of your body softening, and pay attention to your breath going in and out. When you are ready to return to your day, roll onto your right side for a few breaths before you sit up.

Resources

On the Web:
• youtu.be/xlg052EKMtk

At the library:
• “Yoga for Kids” by Susannah Hoffman
• “I Am Yoga” by Susan Verde

Mini Jokes

Yani: What is a soldier’s favorite yoga pose?
Yosef: Warrior!

Eco Note

Malaysia’s last Sumatran rhinoceros has died in a wildlife reserve that had been its sanctuary since 2014. The 25-year-old female known as Iman died of cancer, leaving only a small number of the species still alive, mainly in Indonesia. Malaysia’s last remaining male Sumatran rhino died in May this year. Experts fear the entire species will go extinct within decades if conservation efforts are not expanded.

For later:
Try some of the yoga poses shown here. Look in your newspaper for kids’ yoga classes in your area.

Teachers: Follow and interact with The Mini Page on Facebook!


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Mini Fact:
Yoga can teach us positive self-esteem, better focus and concentration, and respect for ourselves and others.

More yoga poses
• Now straighten the left foot and lean out over it with your left hand. Reach down to your ankle or calf, and reach up with your right hand. Both legs are straight. You are in triangle pose, or trichasana.
• Child’s pose is sitting back on your feet and stretching out your arms along the mat in front of you. Close your eyes and relax.
• For seated twist pose, you cross your right foot over your left knee; your left leg can be straight out or bent in to go deeper. Stretch your left arm out straight along the side of your right knee, while your right hand is on the floor behind your right hip. Turn your head to look over your right shoulder. Now do the other side.

Some yoga classes end with shivasana. Lie on your back and close your eyes. Allow your body to relax. Picture every muscle of your body softening, and pay attention to your breath going in and out. When you are ready to return to your day, roll onto your right side for a few breaths before you sit up.

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Days of the week: Mon, Wed, Fri, Sat, Sun

The Mini Page®
Founded by Betty Debnam

Next Week: The Northern Lights

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