

# WELLNESS WEDNESDAY

ALTA VISTA ELEMENTARY SCHOOL  
SEPTEMBER 12, 2018



## Celebrate National Yoga Month

September is official National Yoga Month (a national observance designated by the Department of Health & Human Services) designed to educate about the health benefits of yoga and to inspire a healthy lifestyle.

Below are some words from a certified yoga teacher:

Yoga is for everybody.

Let me say it again: Yoga is for EVERYBODY!

Practicing yoga isn't about being perfect or wearing the tiny baby shorts, being super skinny or flexible. It's about giving time to yourself. It's about breathing, calmness, a moving meditation.

You do so much for your kids and everybody else, what do you do for YOU? You need to be mentally and physically healthy to take on your challenging life. If you don't take care of yourself you can't take care of them.

How do you start a yoga practice? Yes, PRACTICE. We never DO yoga. We practice yoga. You learn every time you get on your mat. Postures, breathing, discipline, clear mind, alignment, flexibility, open-mindedness, acceptance, love, and self-worth.

How do you start a yoga practice?

You start slow. Find a video, find a class. Talk to friends and go together. Don't be intimidated by trying a studio, either hot yoga or not, remember every person in there, teachers included, had to step on their mat for the first time also.

You don't have to be as good as the person next to you, don't compare yourself, what you are doing for you is perfect. Find a place that makes you feel good about yourself and you will love practicing yoga.

Kimberly Shrednick  
Certified Yoga Teacher

## 3 Yoga Poses to Try With Your Kids

According to Jacci Reynolds, a certified yoga teacher in Santa Fe, NM: All children benefit from yoga's dual focus on activeness and serenity "Not only does yoga enhance coordination, balance, and strength, it has been shown to increase children's focus and attention," explains Reynolds. Plus, you don't have to stand out in the rain to watch her do it! The exercises below are perfect for beginners.

Kids should first breathe deeply to expand their bellies to capacity, exhale completely then work through the poses, holding each one for four to six seconds. End the yoga session with the same deep breaths, which can help stay calm.

#### Volcano

Stand still, with your feet on the ground and your hands in the prayer pose. Count to three and erupt, jumping up high and yelling while bringing the arms up, down, and back to center.

#### Downward Dog

Place your hands and feet on the ground so that you're in an inverted "V" position. Children may lift and shake one leg at a time to develop coordination, strength, and balance.

#### Lion

Sit on your knees, with hands on your thighs. Inhale deeply while arching your back. Lean forward, tilt your head up, and then open your eyes wide, stick out your tongue, and roar!

## Blue Zones Recipe of the Week



### Roasted Tomato & Artichoke Pesto Pasta

This colorful pesto pasta from the Blue Zones® Meal Planner is full of veggies and flavor-without any oil or cholesterol that you'd find in traditional pesto. The quick, throw-it-together sauce is made creamy and nutty with walnuts, refreshing with basil, and lightly garlicky with - yep! - garlic. Just about every vegetable makes an appearance here; kale, arugula, artichoke hearts, tomatoes, red pepper and mushrooms each shine boldly atop the bright green, whole-grain pasta.

The part can never be well unless the whole is well.

-Plato

## Upcoming Events in the Community

### COASTAL CLEANUP DAY

9.15.18

9:00AM-12:00PM

During Coastal Cleanup Day 2017, volunteers removed 800,000 pounds of trash and recyclables from California's coast and inland waterways in only three hours. There's power in numbers. Are you looking to take part in Coastal Cleanup Day on a deeper level?

### KUNDALINI YOGA & MEDITATION WEEKEND IMMERSION

9.15.18

12:00AM-4:00PM  
ALLOMI WELLNESS

Dive deeper into the fascinating practice of Kundalini Yoga. It helps transform, heal, create discipline, and open the heart to love. Learn how to connect deeply to connect deeply with your highest self and highest potential through the often life-changing experience of Kundalini Yoga.

### CONQUER OUR RUN - FALL'S FIRST

9.15.18

CHECK-IN @ 6:30AM

Welcome to Conquer Our Run's Conquer Fall's First Quest! This run/walk takes place at the iconic strand in Manhattan Beach. Burn some calories right and bring everyone else!!!