

# Help your children develop a life-long habit for Stress and anger management.



These Simple stretching and breathing are fun. They also:

1. Engages young people in physical exercise;
2. Teach various methods of stress reduction & relaxation;
3. Develop concentration and focus;
4. Build trust, self-confidence and positive feelings;
5. Foster creativity and exercises the imagination; and,
6. Improve the learning environment.

**“These yoga programs help our kids be better versions of themselves.”**

**~ A. Gonzales, Afterschool Program at the Salt Lake City YWCA Shelter.**

**“GreenTree programs give our students with an opportunity to focus on developing healthy bodies and minds. Yoga 5 minute breaks and yoga movements help our students reduce stress and refocus their energy on learning. Yoga has been a wonderful approach in promoting healthy lifestyles for all of our students.”**

**~ Sandra V. Buendia, Principal, Jackson Elementary, SLC (Title One School)**

**Yael Calhoun, MA, MS, E-RTY, Executive Director. 801 656 7885.**

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Comments from Grade 4 after the 8 week program:  
Roosevelt Elementary, Salt Lake City, UT (Title One School)

I like balancing on  
my right foot. Yoga  
makes me feel calm.

Patricia



Aliyah  
I like yoga  
the feeling about it.

Grade  
~4~

Posing is  
relaxing  
my favorite pose is...

Balancing

Jo Shua.

Being the Snake and  
listening for 4re breath.

I like it when we  
breathe in slow and out.  
I do every day when I go to  
sleep, and in the day!

it's fun and an energizer  
it wakes you up in the  
morning.  
makes me feel...

Reborn - Semyase