



Girl Scouts®

Presents: YOGA FUN! Girl Scout Yoga Badge

Objective: To learn about this ancient science that promotes health and well-being. Yoga helps with concentration and teaches respect for others, nature, and ourselves. It gives us the tools to use in daily life to relax and be more focused in the present moment. The present moment is where Joy is.

All Girl Scout levels complete Lessons 1, 4 & 7, plus:

- ***Daisies: one additional lesson***
- ***Brownies: two additional lessons***
- ***Juniors: three additional lessons***
- ***Girl Scouts 11-17: complete all lessons***

1. ***Attend a Yoga Class: have fun while learning how yoga brings creativity into your life.***
2. ***Practice Yoga Stretching: learn three yoga postures. Practice these three every day for one week. When you see how good you feel, you may want to do them every day just for fun and the extra energy you feel.***
3. ***Share your Yoga: share what you've learned. Teach one yoga pose to a family member or friend.***
4. ***Ahimsa (non-harming): Ahimsa is a Sanskrit word. A core ethical value of yoga is non-harming. For one week, try not to physically or verbally hurt anyone. Use only kind words toward others and yourself.***
5. ***Quietness Exercise: It is a skill to learn quietness. Every day for one week, create a quiet space. Sit and close your eyes. Just breathe and focus on your breath moving in and out. Do it first for only one minute. When you notice how good it makes you feel, you may want to practice longer. A yoga recommendation is to practice a minute for every year of your age.***
6. ***Drink Water: water is the best thing we can possibly drink. Our bodies are over 80% water. That's why it makes us feel so good. For one week, drink mostly water instead of sugary drinks. You may find that this is a lifestyle choice you really enjoy.***
7. ***Be a Citizen of the World: Do a good deed for someone else or for the environment. Notice how it feels to help.***

Badge Workshops Offered: September 29, October 27, November 24, 2012

Class Times: 10 am to 12 pm

Prices: \$15 per student (includes badge) (minimum 3 Scouts)

Leslie Hanks' Yoga Unlimited * 850-385-6904 * www.leslieyoga.com

***Offering Yoga Instruction
in Tallahassee, Florida Since 1989***

