



Yoga for You



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Have you ever tried yoga? **Yoga** (YOH-gah) 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-nahs), 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 might become too critical of themselves and lose confidence.

Yoga can help; there is no judgment in doing a pose "perfectly." Instead, yoga encourages people to learn to relax and have fun while practicing.

Many experts believe there is a strong connection between our mind and our body. Emotions and worries can show up in our bodies as tension, pain and upset stomachs. When we

feel sad, we can be more likely to get sick.

If we can learn to release the tension in the body, the mind will relax, too.

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, and 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.



artwork by Wendy Daley

Mini Fact:

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

More yoga poses

- Now straighten out the left leg, 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 **trichinasana**.

- **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 outside 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.



Resources

On the Web:

- youtu.be/xlg052EKMtk

At the library:

- "Yoga for Kids" by Susannah Hoffman
- "I Am Yoga" by Susan Verde



Try 'n' Find

Words that remind us of yoga are hidden in this puzzle. Some words are hidden backward, and some letters are used twice. See if you can find:

ANCIENT, ASANA, BALANCE, BREATH, CHILD, CORE, FITNESS, FLEXIBILITY, FOCUS, POSE, POSTURE, PRACTICE, RELAX, SHIVASANA, STRENGTH, STRESS, TRIANGLE, TWIST, WARRIOR, YOGA.

H T G N E R T S R O I R R A W
R E L A X L H T A E R B P X V
A V T R I A N G L E P O S E B
S A C W S H I V A S A N A N H
A G F C H I L D B A L A N C E
N O S U C O F K E R U T S O P
A Y T I L I B I X E L F V R N
F I T N E S S S T R E S S E Q
E T O P R A C T I C E A D B Q
C T T N E I C N A T W I S T F



Cook's Corner

Salmon-Dill Cakes With Mustard Sauce

You'll need:

- 12 ounces cooked salmon (canned or fillets)
- 1 cup 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. Coat stovetop griddle or 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.

- Salt and ground black pepper
- Cooking spray
- 2 teaspoons Dijon mustard



* You'll need an adult's help with this recipe.

Adapted from "The Robin Takes 5 Cookbook for Busy Families" with permission from Andrews McMeel Publishing (andrewsmcmeel.com).

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. "beware" (7) _____
2. way to cross a river (6) _____
3. number of U.S. states (5) _____
4. humans (6) _____
5. small horselike animal (6) _____
6. ready to eat (6) _____
7. dad of your mom or dad (11) _____

DON	DFAT	DGE	PE
GRAN	OP	GRY	ION
CAUT	KEY	FIF	HER
TY	HUN	BRI	LE

Answers: caution, bridge, fifty, people, donkey, hungry, grandfather.



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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 of this year. Experts fear the entire species will go extinct within decades if conservation efforts are not expanded.

adapted with permission from Earthweek.com



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!



Books from The Mini Page are wonderful resources and make great gifts! See all of our Mini Page products at **MiniPageBooks.com**, or call **800-642-6480** for more information. Mail payment to: Andrews McMeel Universal, Mini Page Books, 1130 Walnut, Kansas City, MO 64106. Include \$4.00 shipping and handling per order.

