

# HOW YOGA CAN HELP STUDENTS PERFORM BETTER IN STUDIES & SPORTS



Transition to secondary school often coincides with important social, emotional and physiological changes in the lives of adolescents. These changes, along with increased academic responsibilities and more competitive sports, can influence the overall personality development of young adults.

Students need to make positive adjustments to their environment and new phase of life so that their mental, emotional and physical wellbeing is maintained, and their learning and development continues at a natural pace.

Specially designed Yoga packages by Mystique Moksha include a range of games and practices which target the key areas in the growth and development of young students. Since they are physically active at this stage, we focus mainly on improving their **memory, emotional culturing, awareness, fun and creativity, coordination and dexterity, speed & coordination and more.**

Through these sessions, children discover their true personality, learn to handle success and failure, become better team players and more confident in expressing themselves. They also understand their bodies better and overcome any potential complex puberty issues

# Yoga Practices Help Students:

- Manage stress and reduce anxiety
- Address Digestion and Sleep issues
- Build physical strength and learn Relaxation Techniques
- Enjoy general wellbeing
- Become flexible and agile
- Develop self esteem, mental clarity and focus
- Achieve better academic results

## Evening Refresher 30-45 minutes



This is a popular package which goes very well with all types of young adults. A mix of games, Asanas and practices, this session helps reduce tiredness, refresh the mind and prepare students for the next part of the day.

## Yoga For Sporty Students 30-45 minutes



This package is designed to help students who are very active in sports. The focus of this session is to help them recover faster from physical activity and treat minor problems of the body such as sore knees, tight hamstrings and lower back pain. Yoga practices in this session also help in improving muscle and joint alignment for better stability.



For more details, contact  
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