

## **VIDEOS TO WATCH! (Oct 16<sup>th</sup>)**

Benefits of Yoga...(2 min)

<https://www.youtube.com/watch?v=yM40qVTJlrQ>

Brain yoga...(4 min)

<https://www.youtube.com/watch?v=JTJ3YNUcfv4>

4-7-8 Breathing Technique...(3:20 min)

<https://www.youtube.com/watch?v=grTLl6vjShY>