



Yoga in the Afternoon

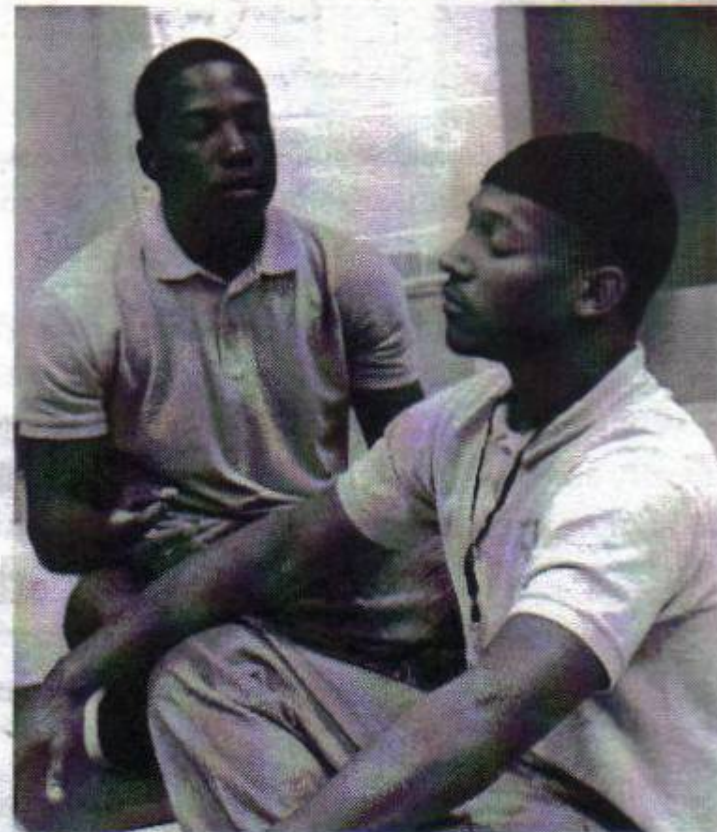
By Tyler Jenkins

With change come many great things. Being a student at Francis M. Wood High school for the past two years you start to see things unfold right before your eyes. The school itself has flourished from its old roots and become an amazing school. The amount of opportunities and programs available provide much interest, skill, and experience for all who attend. Many of these programs have brought about attention and popularity amongst students and are encouraged by administrators and teachers.

Out of all these programs many are extracurricular activities which seemed to be favored by most students. One of the extracurricular activities that I and many other students take part in is yoga. These slow and graceful movements that stretch the body into new ways are fascinating and intriguing. There's something about yoga that

just reaches out to one's interest. However, there are many misconceptions that are often made when referring to yoga. Many people believe yoga just mainly focuses on the stretching of the body but, it also takes place in the mind. Yoga is very calm, peaceful, graceful, and tranquil. Much of yoga focuses on reaching what some would call "ultimate enlightenment," the ultimate peace within oneself. Those who reach this become connected with everything physically, mentally, spiritually, and universally.

Yoga can bring the best and most positive character out of someone. Students who come to yoga enjoy themselves because so much is learned. Students realize much about themselves as well as others. The energy in yoga is always positive to assure everyone enjoy themselves. It's both a lesson and a relief in yoga, a lesson about you. One thing for sure, it leaves a positive memory in our hearts and minds.



Tajay Stephens and Allen Bell quiet the mind and focus on the breath during Yoga class.