YOGA MAKE-UP OPTION

* Do a yoga routine (minimum of 20 minutes) of any style you choose. Yoga routines can be found on YouTube. Then answer the following reflection questions and email to Coach LeFevre at lefevre.michelle@cusd80.com.
* What was the name of the yoga video and instructor?
* How did your body feel?
* What were your challenges?
* What were your successes?