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](mailto: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?