

YOGA

by Ailsih (age 11yrs)

Yoga means to me,

Unwinding, being yourself and relaxing.

Its almost like a place,

A place to talk, talk to yourself and really see how you feel.

But not just that,

Its a place to learn,

To learn the most important lessons of life.

Learning how to be happy, and listening.

That's the most important lesson for me, listening.

Listening is vital, listening is good.

Listening is what yoga means to me.