



University of California

Agriculture and Natural Resources

4-H Youth Development Program

4-H Members Name: _____ Club: _____

YOGA - Level 1

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

Date Initial

- ____ ____ Explain three rules to remain safe while practicing yoga.
- ____ ____ Demonstrate two standing poses.
- ____ ____ Discuss some of the benefits of practicing yoga.
- ____ ____ Demonstrate one type of breathing exercise.
- ____ ____ What are some of the items you need to practice yoga?
- ____ ____ What are the two safest ways to do a headstand?
- ____ ____ Demonstrate the 4-H Yoga Pledge

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





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YOGA - Level 2

The Producer level builds and expands on the knowledge and skills learned in level 1- Explorer.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____



Head • Heart • Hands • Health



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YOGA - Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____



Head • Heart • Hands • Health