

## Skill Builder Yoga Program Course Option:

# Strengthen Focus

Learn how to concentrate better, minimise distractions and manage the 'monkey mind'.



## Why

Science is now confirming what yoga practitioners have long known: the benefits of the ancient practice go far beyond the physical.

A study from the University of Illinois showed that practicing yoga for 20 minutes could actually improve brain function. After practicing yoga, researchers noticed “the participants were better able to focus their mental resources, process information quickly, more accurately and also learn, hold and update pieces of information.”

## How

- Focusing on your body, a pose or breath calms the mind and trains you to keep distracting thoughts away.

- Breathing techniques to clear the mind. Regular yoga practice improves concentration, which can lead to a better attention span. A better attention span can make a difference in learning new information and retaining it.

## What you will learn

This program will take you through a series of appropriate poses and breath techniques designed to help improve focus. A mindfulness component will help clear the mind and support focus, ready for optimal work performance.

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