



# AN UNCOMMONLY YOUTHFUL



## *yoga experience*

Helping young adults excel in their social-emotional learning with ancient insight on how to maneuver through stressful thoughts, emotions and instincts in the body.

[UNCOMMONSENSETHERAPY.COM/YOUTHFULYOGA](https://uncommonsensetherapy.com/youthfultyoga)



## *an uncommon experience*

Hello! I'm Brittany, the creator of this series to guide your tweens & teens to better understanding of their body in a more perceptive, natural way. This online portal was created to keep students & teachers alike onboard with the journey towards holistic social-emotional health within your school system.

[uncommonsensetherapy.com](https://uncommonsensetherapy.com)



## Your Website Portal

I love teaching kids and young adults and have been doing so for almost a decade, which helped me realize the importance of visual aids and supplementary materials to deepen the lessons learned in our time together for days, weeks, months and years to come so each young adult knows they possess the tools to grow into a mindful, centered and healthy adult.

Your young adults and teachers alike will be able to access this document and supplementary material on my website using the URL below. It's privacy-protected so they'll have to enter the password "**uncommonlywise**" to access the page. It has a very basic overview of everything we went through.

In *Ayurvedic Yoga*, we learn to balance our body with *opposition*. Just like a scale, if we have too much attention (or weight) on one thing, it gets higher, so we have to transfer weight to the opposite side to find balance.

When there's too much energy in our heads, we focus in our legs. Low vibe and tired? You're probably low in your body and would benefit from thinking high. Stuck in the heart? It's time for a holistic picture.

**This is what we teach the kids how to do in our program together.**