

Station Break

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Notices

- Contact number update**
The Station Break now lists all contact numbers as extensions, such as x1234.
If dialing from on-base, dial 262-XXXX.
If dialing from off-base, dial 84-XXXX (for most operations extensions) or 77-XXXX (for most other extensions).

- Closed**
Tower Federal Credit Union will be closed Sept. 4 in observance of Labor Day. Call x7859 for questions.

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Photo by Staff Sgt. Michael Pallazola

Brooke Poirier practices some deep breathing techniques during YogaBugs class Aug. 17 at the Child Development Center.

The itsy bitsy YogaBugs stretch their imaginations

Story by Tech. Sgt. Martie Moore
Public Affairs

For most people, yoga is an exercise practiced to promote control of the body and mind. It can be aimed at training the consciousness for a state of perfect spiritual insight and tranquility - that is, unless you are a three year old. Then the goals and expectations may change a bit ...

See 'YogaBug' page 8



From left: Xavier Grube, Brooke Poirier and Emily Dummit do a YogaBug stretch. The class is a complete form of exercise in a safe and non-competitive environment.

Photos by Staff Sgt. Michael Pallazola

'YogaBugs' from page 1

"Look, I got a YogaBug T-shirt," said Brooke Poirier, 3 years old.

The Child Development Center here is piloting YogaBugs, a program specializing in teaching yoga to children aged 2 ½ to 7 years old.

However, rather than expecting a young child to sit quietly and meditate for 10 minutes or hold the Tree pose these children scarcely know that it is an exercise for health benefits. They just know it's fun.

During a recent class, Patricia Grube, certified yoga instructor, took the children on a familiar journey with a story - but instead of just their minds set in motion, so were their bodies.

"Ready to go on a YogaBug adventure?" asked Mrs. Grube.

Going through the story line of *The Very Busy Spider* by Eric Carle, Mrs. Grube guides the children using authentic yoga moves to tell the story of various farm animals who try to divert a busy little spider from spinning her web. The story ends with the spider falling asleep after 'a very busy day.' At this point, the children enjoy a lavender eye pillow over their eyes during the final relaxation

moment lasting approximately 3 minutes. It is amazing to see three year olds actually staying still.

"There is a lot of work involved; I have to make up poses to go with a new story every week. They're real poses just different names like the butterfly wings or cow," said Mrs. Grube.

The children's imagination is sparked and their attention is captured with the story line, while at the same time they are performing the poses in 'somewhat' unison.

"This class gives them exposure to something different; they went in with open minds and embraced it," said Gina Wilderman, Lead Program Asst. "It helps increase concentration and it's good cognitive activity as well as physical activity."

In addition, yoga is a safe activity for young children.

"Not only are the classical yoga postures modified, children have a natural sensitivity to their bodies and are capable of making their own adjustments so that the pose feels good," said Mrs. Grube. "With children, as opposed to adult yoga students, the ego is not involved so if a child cannot reach for their toes they will simply bend their knees to make the

adjustment. Children will not do something that hurts for the sake of accomplishing a goal."

Although during the 30 minute class it may not be obvious the three year olds are really grasping the yoga philosophy, but chances are they do.

"Brooke comes home from school excited and tells me 'Mommy, we did YogaBugs today.' She is very proud of her newfound activity and now her new shirt," said Master Sgt. Barbara Poirier, 421st Air Base Squadron. "She loves to show us what she has learned and even if she is not specifically showing us, we see her doing the moves on her own while she is playing."

Mrs. Grube hopes the children not only carry this home but continue yoga into their adult life.

"The aim of yoga is to increase children's self-awareness and confidence. It encourages a peaceful mind, a healthy body, and creative spirit. As children transition into their teens and adulthood, they will know how to chill-out when life gets stressful. YogaBugs plants the seed."

YogaBugs will go dormant for the winter but will return to the CDC in the spring next year. However, YogaBugs classes will begin at The Hydro, Harrogate, in September.



Orion Vega and Xavier Grube develop their creativity and self-expression during YogaBugs at the Child Development Center.



Yoga postures help recharge a weak immune system and strengthen the core stabilizing muscles of the abdomen and back.



Gina Wilderman leads the YogaBugs back to the classroom after their 30 minute activity.

Regular practice of YogaBugs should reap the following benefits for the children:

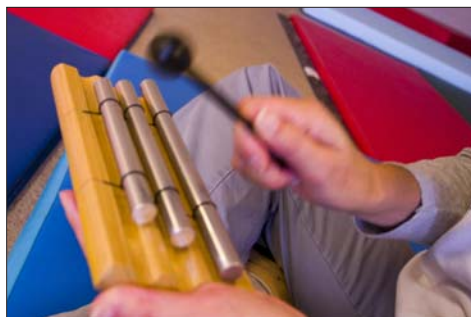
- *Breathing exercises improve concentration and energy levels.

- *Relaxation techniques clear the mind, allowing for better memory retention.

- *Postures help recharge a weak immune system and strengthen the core stabilizing muscles of the abdomen and back.

- *Helps to tone the body and reduce the rising levels of childhood obesity.

- *YogaBugs maintains a child's natural flexibility which can begin to shut down from a surprisingly young age,



YogaBugs classes are available at The Hydro, Harrogate, in September.

especially once they start on computer games and television.

- *Develops creativity and self-expression.

- *Yoga improves self-confidence through vocalization techniques and postures that

are designed to release day to day anxieties such as separation issues, or bullying, lethargy and negativity.

- *YogaBugs is a complete form of exercise in a safe and non-competitive environment.

- *The practice of yoga improves coordination and balance; it promotes healthy sleeping patterns and allows children to explore their intuitive nature and spirituality.

YogaBugs is currently conducting a number of case studies into the long-term benefits for children. We shall look forward to publishing this information with you in the future. <http://www.yogabugs.com/pages/aboutus.htm>