



## Requirements for Yoga Patch

### PURPOSE:

To learn about this ancient science that promotes health and well-being. Yoga can help with concentration and teaches respect for others, nature and ourselves. It can help give you tools you can use in daily life to relax and be more focused on the present moment.

All Girl Scouts levels should complete requirements 1, 4, 5, and 9.

- **Daisy Girl Scouts:** Complete one additional requirement of their choice.
- **Brownie Girl Scouts:** Complete two additional requirements of their choice.
- **Junior Girl Scouts:** Complete three additional requirements of their choice.
- **Girl Scouts 11-17:** Complete four additional requirements of their choice.

### 1. Attend a Yoga Class

Have fun while learning the tools to bring yoga into your life.

### 2. Practice Yoga

While in class, learn three yoga poses and practice these three poses every day for one week. Once you see how good they make you feel, maybe you will begin to do them daily just for fun.

### 3. Share What You've Learned

After learning the poses yourself, share what you have learned by teaching one yoga pose to at least one friend.

### 4. Truthfulness

One of the ethical values yoga teaches is truthfulness. Try only telling the truth for one week and keeping track of it.

### 5. Non-harming

Another one of the ethical values yoga teaches about is non-harming. Try for a week not to physically or verbally harm any person or living creature. Use only nice words towards people.

### 6. Stillness Exercise

It is so important to learn to be still. Every day for one week, find a quiet spot, sit and close your eyes. Just breathe, focus on your breath moving in and moving out. Listen and feel your heart beating. Try it first for just one minute. You will notice how good it makes you feel and you may want to sit longer and longer each time you do it. If you really are enjoying it, share it with a friend or family member, see if they will sit quietly with you.

### 7. Drink Water

Water is important for keeping the body healthy. Did you know that our bodies are made up mainly of water? For one week try to drink mainly water. Try to substitute drinking water instead of sugared drinks for a week or more if you like.

### 8. Learn to Laugh

Do you know how healthy it is to laugh and smile? For one week, try to laugh at least one time a day. Just start laughing for no reason. You will see how once you start laughing it is contagious. People around you may also start laughing. And most importantly just have fun.

### 9. Do a Good Deed

Do something for someone else. It can be anyone as long as it makes the other person happy.

### 10. Do Something for the Environment

Clean up litter in your neighborhood or park. Just a lunch bag size filled to the top with litter will make a difference. You can fill a bigger bag if you like. We only have one planet earth, let's keep it beautiful together!