



NIROGA™

Transforming Lives and Healing Communities

**Student Feedback on In-class TLS Program at BHS at Mid-Semester
Spring 2011**

“When someone dies, I can breathe.”

“It’s hella fun.”

“When breathing is slow, it helps the body to be calm.”

“I love it. It wakes me up.”

“It can be useful for sports because it helps calm and center the body.”

“I have become a lot calmer and feel relaxed.”

“I like it because it helps me escape from all my stress.”

“Making you focus more and putting your self in control.”

“Now when I am stressed, I have a way to relax. I love it because I have a break from school.”

“It calms me down and makes me more relieved. When I’m angry at others and myself, it helps me to be more cool.”

“I sure hope we do this next year.”

“Yoga is nice so far. I have even attempted to meditate at home.”

“I love yoga. It is so relaxing.”

“When I’m angry I do it, so I don’t be so angry.”

“I do it when I am stressed, or just to think [breathing in to 4, out to 8].”

“Yoga is very useful when our body is tired.”

“I think it makes your body focus. I like that we have it twice a week. It makes me want to come to class.”

“It slows my mind and I can focus on one thing.”

“It is really fun. I look forward to it and it relaxes me.”

“Helps sleeping, relaxing, stress relief, calming, overall beneficial. Feels good man.”

“It makes me feel better and all my stress goes away.”

“I actually like it, especially the breathing.”

“It calms me down when I’m angry at someone.”