

YOGA TIPS

THE EXAM BUSTER A guide for students

PBW

Posture

Make sure all your yoga postures are done with a straight back. Stand against a wall in your house with your heels and shoulder touching the wall. Your arms should be lightly placed on each side of the body.

Breathing

During times of stress your breathing will become shorter and more shallow. Make sure you take deep breaths and then 'sigh' the breath out. This will give your brain more oxygen and energy to your body.

Water

Don't forget to drink lots of water when you are revising. It will energise you and keep your brain alert. Many people take energy drinks and this can upset your stomach and make your brain and nervous system too hyper at a time you need to be calm and focused.

Top 5 Exam Busters

The time of exams can be a particularly stressful. It is a time when you have to learn to be organised, focused, disciplined and energised. This can be hard to do on demand so here's how...

1. Stay Calm

It is difficult to know how to stay calm when you are stressing for an exam, revising or in the exam!

Take deep breaths - the out breath should be twice as long as the breath that comes in. Repeat this at least ten times with your hand on your stomach and your back straight. This will make you feel much calmer! Use a mudra like Gyan mudra when you sleep and outside the exam room. It will help manage your focus and nerves!

2. Be confident

Do the Warrior posture and visualise yourself passing the exam. You will feel immediately strong, confident and able to handle stress and doubt. Do this anytime you feel you need confidence and do this on the day of your exam for at least 3 minutes each side with deep breaths. No one messes with the Warrior, just try it and see.

3. Focus and clear the congestion in your head

Chant Aum or practise the BEE breathing, on a deep breath out for at least 13 times. Chant the sound out loud and feel the vibrations throughout your body, starting from the heart





Managing Yourself?

Yoga is beneficial for supporting a number of health conditions:

- lack of focus
- lack of sleep
- stress
- tension

Yoga provides a natural way to help young people manage a number of conditions more effectively. It seems unusual but young people suffer tension and stress just like adults. They too have to manage relationships with teachers, parents, friends and family. They too have to manage the pressure of tests, exams and ambitions and achieving well in these. Through advanced breathing techniques, young people learn how to manage these situations and conditions in a positive and balanced way.

**Article written by Kam Dehal,
(BA (Hons) MSc, PGCE, FRYOG)**

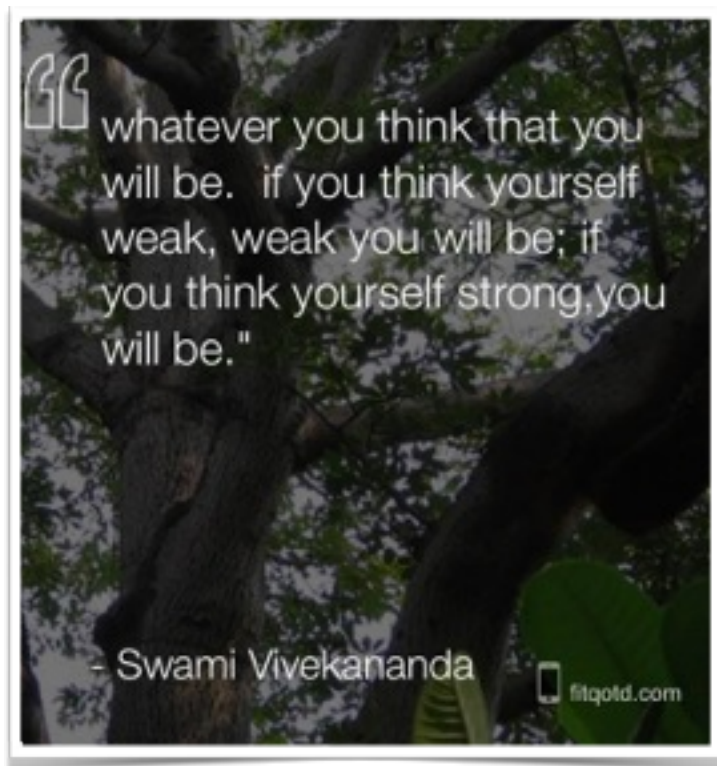
and moving all through the body. Your mind will feel free of noise or chatter and ready to study without distractions.

4. Visualise

Visualise yourself looking confident completing your exams and passing. Do this exercise every night just before you go to sleep in your bed. This technique is great for boosting your confidence and self belief.

5. Enrol onto a yoga class for yoga skills

You can't beat a personalised class each week that helps you become more confident, happy, energised and focused. We all need a little help and everyone tells us to be confident but few can show us the skills to do this for ourselves. We all need assistance from an expert now and then as books and the internet aren't enough!



Good luck but note that if you manage yourself well, you are managing your luck!!!