

LET'S GET PHYSICAL

Yoga For Children



IMPROVES MOVEMENT

- Motor development for both sides of the body
- Toning and strengthening the muscles
- Increases body coordination



CALMING OF THE MIND

- Calms and clears the mind
- Relieves tension and stress
- Become more mindful of thoughts, words and actions



SENSE OF WELLBEINGNESS

Children who practice yoga feel happier inside and out

SELF-AWARENESS

Improves mind/body awareness and connection to their breath



BUILDS CONFIDENCE

Every child can succeed in the non-competitive environment with self-calming and self-controlling tools



INCREASES CONCENTRATION

Brings children into the present moment by focusing on breath and the yoga pose



Stress Relief Yoga



Use Mountain pose to feel grounded, stable and connected to Mother Nature. Stand with your big toes touching and your heels about 1 inch apart. Gently squeeze your inner thighs and hips toward each other. Bring your shoulders up to your ears and roll them back to open the chest. Chin parallel to the floor. Hold your arms at your sides, palms facing forward. Concentrate on a fixed point and breathe, to develop a sharp focus and serene mind.



Use this Standing Forward Bend pose to release stress in your shoulders and neck. Stand with your feet hip width apart and fold over your legs. Allow your knees to bend enough to not feel tension in your lower back. Take any arm variation you'd like (reach for opposite elbows, interlace hands behind your neck, or reach hold of your feet). Let your head and neck completely go.



Downward Dog allows the spine to lengthen and the legs to stretch thus releasing tension throughout the body. Come into the pose from a table top position, tuck your toes and send your hips to the ceiling. Create a generous bend in your knees to release tension in the hamstrings and relax the head, sending your gaze to the back of your mat.

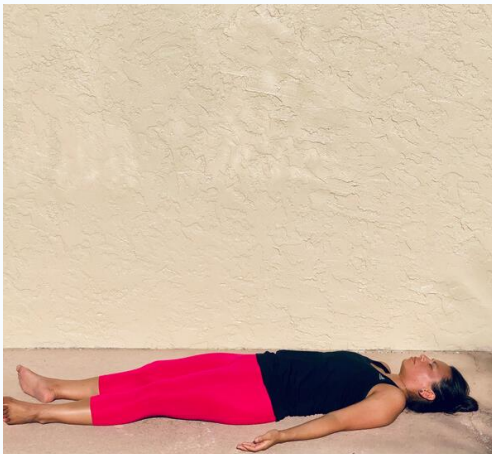
Stress Relief Yoga



Childs pose also helps to release tension in the neck, shoulders and back. Kneel on the floor with your toes together and your knees hip-width apart. Lower your torso between your knees. You may extend your arms out in front of you or bring them next to each thigh. Relax your shoulders toward the ground. Rest in the pose for as long as needed.



Supine twist is a gentle way to release tension in the lower back. Lay flat on your back, reach your arms out wide to a tee with palms facing down, bend both knees and then let both knees fall over to one side (repeat on both sides). Keep both shoulders connected to the floor.



Use Savasana to rest and let go. Relax your body on the floor or mat and focus on your breath.