

Yoga for Children



Yoga provides many benefits for children:

- Children love to move their bodies. Yoga provides an opportunity for children to embrace their natural joy of movement!
- Yoga promotes self-awareness, self-acceptance and self-confidence.
- Yoga increases strength, balance, circulation, coordination, respiration, and flexibility. It helps increase the ability to focus and concentrate. Yoga improves digestion and can help improve sleep. Children have stress too and yoga helps reduce stress and promotes relaxation.
- Standing Poses create energy and strength. Forward folds, seated poses, and lying poses are restful and calming.
- Occupational Therapists and Physiotherapists recommend yoga poses to help children build core strength.
- Children benefit from learning how to be restful and quiet. Through yoga we can help them recognize the quiet vs. the busyness within themselves.
- When children are becoming agitated or overstimulated, bringing them down to the floor is grounding and can help reduce their emotional discomfort. Try interesting children in some seated or lying yoga poses, or simply suggest they sit or lay on their belly to play. If adults get down on the floor with them they are even more likely to do so.

Calming and Restful Poses



Seated Forward Fold



Seated Twist



Downward Dog



Happy Baby Pose



Easy Sitting Pose



Child's Pose

Strengthening and Energizing Poses



Triangle Pose



Tree Pose



Chair Pose

For more yoga fun check out:

<https://www.cosmickids.com>

www.yogajournal.com/poses/5-kid-friendly-animal-poses-to-introduce-children-to-yoga

<https://yogawithadriene.com/yoga-for-kids/>

