

fitFlow

Yoga for Kids

What is yoga?

Yoga is an activity that involves body and mind awareness, with a focus on posture and breathing. Yoga is designed to bring mental, physical, and emotional health. One of the most widely practiced forms of yoga in Western society is hatha yoga. This form of yoga incorporates several different poses, combined with stretching, breathing and balancing. Poses are performed slowly and carefully, with attention focused on the movements. Yoga is often used as a physical activity to improve muscle strength and endurance.

Who can practice yoga?

Yoga is for people of all fitness levels. Young or old, flexible or inflexible, yoga is a great way for individuals to challenge themselves in balance, coordination, strength, and more. Modifications for positions are available for nearly every pose and can help beginners experience comfortable participation or provide a challenge for returning participants. Although many believe you must be flexible to do yoga, it can be performed by anyone of any flexibility. Yoga is adaptable for all ages and body types; and can be tailored to fit the needs and experience level of everyone.

Benefits of Yoga



Increases

- Mental Health
- Focus and Concentration
- Sleep Quality
- Academic Performance
- Physical Health
- Muscular Strength
- Endurance
- Flexibility
- Caloric Expenditure



Decreases

- Resting Heart Rate
- Respiration
- Blood Pressure
- Lower Back & Joint Pain
- Stress

Why do yoga with kids?

All kids can participate in yoga and most yoga poses have modifications to adjust for individual needs. Yoga should be presented as a judgment free activity. This reassures students to feel accepted regardless of athletic or fitness level. Yoga embraces the fact that students' bodies are unique, and yoga challenges students to focus on their inner-self instead of comparing themselves to students around them. Yoga is great for kids, because the poses have an animal focus. For example fun names like camel, lion, cat, cow, eagle, and frog keep kids entertained and engaged.

What equipment and space is needed?

Yoga can be performed anywhere with little to no equipment and with very little space. A yoga mat is typically recommended, if available, however standing poses or poses done with a chair are great options to work with small spaces.