



STRENGTHEN

EMPOWER

INSPIRE

## YOGA 101

Yoga for Ages 5 - 12

Our Children's **YOGA 101** program has been designed to introduce children to the ancient practice of Yoga in a thoughtful, balanced and fun way

Each class incorporates the key aspects of Yoga – traditional yoga postures (*asana*), breathing techniques (*pranayama*) and guided relaxation (*yoga nidra*) – and uses imaginative themes and techniques to keep younger yogis interested and engaged. Partner and group yoga exercises are a major part of our program.

As well as sun salutations, balancing postures, forward bends, back bends, twists and partner poses, children also learn a range of effective breathing practices and self-calming techniques.

The Children's **YOGA 101** program has been designed to help students

- develop strength, flexibility and self-awareness
- increase confidence, resilience, self-esteem and concentration
- reduce the negative impacts of stress and anxiety
- build a sense of openness and cooperation

All mats and props are provided – nothing for students to bring but their water bottle.