

YOGA FOR KIDS

Why Yoga for Kids?



The number of kids practicing yoga in the U.S. has grown to more than **1.7 million**.



Many learn from parents; around **37% of yogis** have kids who also practice yoga.



Yoga has shown to improve balance, strength, endurance, and aerobic capacity in children.



Yoga, along with mindfulness, offers psychological benefits as well as reduces anxiety.



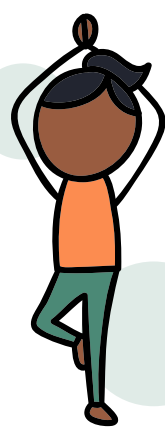
Children with ADHD have seen a boost in performance after regular yoga sessions as it works to alleviate core symptoms such as inattentiveness, hyperactivity, and impulsivity.



Research shows yoga can improve memory, classroom behavior, and focus in school-age children.

Yoga Poses for Children

Whether performed in the classroom or at home, kids should have adult supervision when practicing yoga poses.

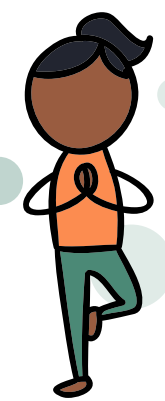
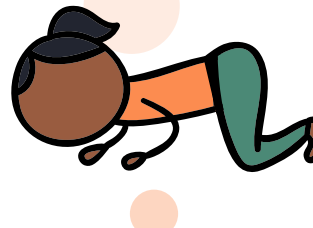


Mountain Pose

Standing straight, with shoulders back and palms facing outward, raise the hands above the head parallel to the ears with palms open.

Child's Pose

While on the floor, rest on the knees with arms stretched forward in a straight, relaxed position with palms facing down.



Tree Pose

Standing on one foot with the other placed on the inside of the opposite calf or thigh, bring the hands together in front of the chest in a praying position. Hold for few breaths before switching to the other leg.

Warrior Pose

Lunge one leg forward at a 90-degree angle and the other back, bring the arms either parallel at the sides or above the head, square the hips, and look up to the sky, holding for a few breaths.



Cat/Cow Pose

On all fours with arms straight and legs an arm's length apart, tuck the head in between the arms, then lift the rear and head up until looking forward.



Seated Forward Fold

Sitting down, bring the legs straight out in front of the body and the arms up, fold forward moving the head down to reach the feet or legs, and hold for a few breaths.



Cobra Pose

Laying on the stomach, place the hands flat on the ground underneath the shoulders, using core and back muscles to lift up without overextending. Keep the head up, look forward, and hold for a few breaths.



kidscardonations.org

Sources: positivepsychology.com | yoga-in-education | emedihealth.com/wellness/yoga-meditation/yoga-poses-for-kids