

A CHILDS WAY!

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities. The physical movements introduce kids to yoga's true meaning: union, expression, and honor for oneself and one's part in the delicate web of life.

Yoga with children offers many possibilities to exchange wisdom, share good times, and lay the foundation for a lifelong practice that will continue to deepen.



Shuddha Yoga

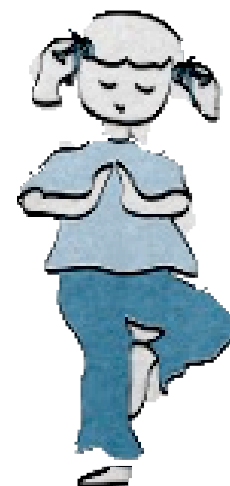
Shuddha Yoga

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Shuddha Yoga

Little Yogis



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Top Reasons to Try Out Yoga Now

Physical aspect - Yoga asanas (postures) develops range of motion through the use of the skeletal and muscular structures. This creates the opportunity to develop a strong and supple body. Moreover, the practice of yoga also aids in the digestive system and respiratory systems through the massage of the internal organs and proper breathing techniques.

Emotional and behavioral aspects - Through relaxation and calming techniques, Yoga helps to achieve emotional stability that children themselves can use when they feel stressed. This is especially beneficial in the busy world today with loads of tests and challenges. No matter how prepared one is, only in a peaceful state can one deliver to the best of his/her capability.

Mental aspect - Yoga also helps in enhancing concentration and increase attention span. By observing and experimenting from one yoga posture to another, children will also learn to practice inner visualization and helps to expand their imagination and creativity.

Social aspects - By introducing yoga activities and games in a conducive environment, children have the space and freedom to engage in social interaction and this helps to promote social skills and esteem development.

All in all, the benefits of Yoga for children are plentiful. The few mentioned are like the tip of the iceberg.

Class Schedule and Description

Kids Yoga is a holistic, fun approach to living a healthy, active and joyful life for kids. Yoga helps kids develop strong, healthy and flexible bodies, clear and creative minds, and gain access to their spiritual selves.

Kids Yoga connects mind, body and breath for peace and relaxation at a young age.

WHAT DO WE DO IN CLASSES?

- Link breath with movement, creating body awareness
- Learn new yoga sequences and how to adapt these for individual needs
- Take on the qualities of different animals in the poses
- Play imaginative age appropriate yoga games
- Engage in creative yoga storytelling
- Connect with the inner and outer worlds
- Connect with and express feelings on a physical level
- Explore and discover who you are

Program Details

Length of Program: 12 weeks

Program Cost : \$150 / child

Registration Deadline :

Start Date :

Minimum 10 registrations per class required

Registration Form

Name:

Address:

Tel. No.:

Email Address:

Emergency Contact Name:

Emergency Contact Number:

Doctor Name:

Doctor Number:

Detailed Medical Conditions (If Any):



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