

Children's Yoga - Yoga At School For Kids And Teens

Today's children often have to deal with poor diet, stress at home, lack of exercise and many other challenges - all of which serve to create anxiety, lack of attention, behavioral problems and anti-social behaviour. While ideally life should not be so difficult for them, schools are the ideal place to provide healthy restoring activities. Healthy kids are fit, flexible, capable of concentrating, and enjoy themselves easily and often.

Yoga is an extremely valuable Curricular Support activity. Its energy-enhancing, awareness-enhancing, focus-enhancing properties truly nourish children, helping them create lives, bodies and minds that work (available for children from the age of three up.)

The postures are scientifically proven to improve the flow of blood to the brain and internal organs. They stretch and tone the muscles and the biological nervous system. No matter how difficult the child or child's circumstances, yoga helps to restore balance over a period of time.

The classes work as a stress management, relaxation and self-esteem building programme. They are designed to be fun so the children can explore their creativity and imagination, whilst improving their memory and concentration.

Body Benefits

- Increases flexibility and strength
- Improves balance
- Improves posture
- Lots and lots of fun

Mind Benefits

- Slows hyperactive kids down
- Reduces anxiety, stress and tears
- Teaches how to achieve relaxation and calm
- Children learn to love and value themselves

Classes can include work that the children can do unobtrusively do in the class that will alleviate stiffness, fatigue and poor concentration. Yoga is an invaluable aid for increasing the flexibility of children before sporting activities and helps to promote inner strength before a big match.

It is possible to work closely with parents and teachers, offering them advice and training in a few simple postures and meditation skills to energise or calm down children at will.

Yoga helps children retain their natural flexibility, which they can all too easily lose. Classes are designed to be fun while improving strength, flexibility, memory and concentration. The unique needs of any particular child are completely catered to within the class environment.

8 - 12 yrs: Younger children explore their creativity and imagination, while stretching and learning relaxation and visualisation techniques. Classes are run in a storybook format that incorporates games, nursery rhymes and exercises.

12-16 yrs: Older children usually need a more sequenced, disciplined programme. Classes involve more physical activity and encourage active imagination. We will also use some of the more relaxing modern music as background!

Teenagers: Teenagers improve their self-esteem, confidence, strength and flexibility in a modified version of an adult class, where postures are held for shorter periods of time. Awareness of emotions and feelings are introduced, and there is more focus on breathing and relaxation exercises. Some dance can be incorporated if appropriate.

Rachel has taught children of all ages, both individually, and in group situations. She teaches yoga for kids in Aberdeen's Primary and secondary schools, and has taught students at Oakbank Residential and Hazelwood school.