

## The benefits of children's Yoga

- Improves strength and flexibility
- Increases self-confidence and builds a positive self-image
- Increases emotional resilience
- Nourishes creativity
- Helps to balance body and mind
- Teaches self-acceptance and self-love
- Increases sensory awareness and general body awareness
- Builds coordination and balance
- Expands self-awareness, and awareness of others
- Develops self-discipline and self-control
- Builds concentration
- Helps us to stand more erect and feel taller by supporting a long and flexible spine
- Fortifies all bodily systems; the skeletal, nervous, circulatory, digestive, respiratory, hormonal and muscular systems and improves our understanding of anatomy
- Increases awareness of breathing and deepens the breath
- Is non-competitive
- Expands awareness of nature, animals and the environment
- Helps children build inner strength
- Encourages cooperation and teamwork
- Teaches how to relax and reduce stress
- Encourages compassion, generosity, and respect
- Teaches how to find inner peace
- Yoga is fun!