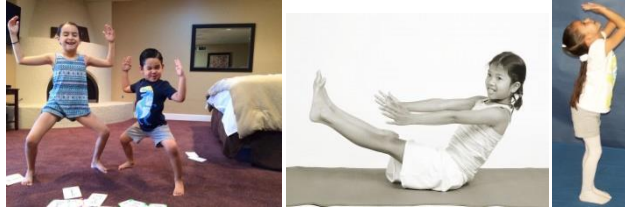


Yoga is not adult yoga



nor a religion.

In Kids Yoga, we use words such as:

- Universe, nature, world, community
- light of our eyes, light of our smile, light of our ideas
- Avoid prayer hands – use butterfly on heart, open palms
- Rather than chanting use sounds, breathing, vibrations
Age appropriate rhymes, songs, counting
- Literacy story lines, imaginations, vocabulary expansion
- Poses are “shapes you make with your body” – following directions, sequencing movement, recall of story line and movement, body awareness, coordination, balance
- Aids digestion, rids congestion, gas, anxiety
- Focus, self regulation, muscle memory, grounding, relaxation
- Yoga is a practice, ongoing learning, each time we do yoga it looks, feels and is different
- What you do on one side you do on the other
- Looking at something on the floor or on the wall helps with balance
- Savasanah is a resting pose -“doing nothing at all” is when our brains are remembering how we_____. Only heart, lungs and things we cannot see inside our body are moving.

