



The Benefits of Children's Yoga



Nurturing the Growth of Our Children through Yoga

Children are playful, expressive, and highly imaginative. A yoga class designed just for little ones offers the opportunity to use these characteristics in a positive framework while also receiving excellent exercise for mind & body. More and more parents across the nation are choosing yoga, a 5,000 year old practice that is taking center stage in today's world of children's sports and enrichment programs.

Yoga is a whole body exercise utilizing all muscles in the body in a balanced way as opposed to many sports which may develop long-term instabilities in children as they grow. Therefore the practice is a great compliment to any other sport your child may be playing. Muscles are lengthened and toned not only making our children stronger but also supporting the health of the joints and bones. The gentle movements of Yoga stimulate production of synovial fluid within the joints, similar to giving oil or lubricant to a squeaky hinge. The practice also builds bone density; this is important since 90% of bone development happens before adulthood.

Yoga also cleanses and stimulates the systems of the body encouraging better digestion, a stronger immune system, and higher functioning in the organs. In young children it encourages a healthy development of the nervous system and brain development as they begin to connect synapses between the left and right sides of the brain. The Yoga poses are wonderful tools for building fine motor skills, balance, and classes provide opportunity for learning spatial awareness i.e. "put one foot forward and one foot back."

Yoga Dreams Top 5 Benefits of Children's Yoga

- Encourages creativity & imaginative-thinking
- Develops balance, focus, & strength
- Teaches body awareness & healthy lifestyle choices
- Offers a non-competitive environment to exercise & grow
- Promotes peace & calm

Perhaps even more important is the enhancing and enriching of a child's sense of self. Yoga inspires confidence, calm, and personal connection while a structured class can also aid in development of social and leadership skills. Through quiet meditations, games, breathing exercises and circle discussions, children are encouraged to be themselves and learn how to listen to their conscious, to their inner wisdom. As a Yoga teacher of both children & adults I have heard adults say countless times how they wish they'd had Yoga younger in life because of all the ways the practice has helped them.

In a world that sometimes feels like a barrage of noise it makes sense to give our children a space to be quiet, to learn, to grow, and to be nurtured. My question is: what are you waiting for?

'Maureen teaches weekly classes and also offers Yoga play-dates in your home, Yoga-themed Birthday parties, family workshops, and enrichment classes for preschools, home day care centers, and elementary schools. Contact her to find out more or schedule your next event'

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