

An Overview of KIDS YOGA

By SOYA Faculty Lalita (Natasha) Scott

AGES: 3-5, 5-9, 10-13, 14+

Ages 3-5 (a great resource: *The Yoga Adventure and The Yoga Zoo Adventure* by Helen Purperhart)

No mats needed – sit in a circle

Use a lot of imagination

Possibly start with an electric breath, and build up to a square breath

Do a fun Zoo Salute (great ones are in the mentioned books)

Be animals (let kids choose and talk about why they love those animals)

Possibly bring in an imaginary bus ride to chant bus songs

This Is My Life Salute

Circle for gratitude and closing song about NAMASTE (or however you like to close, OM's are fun)



Ages 5-9

Similar to the above. At age 9 a part of the brain develops that brings awareness of SELF and can result in children feeling more self conscious.

Things to add may be bringing in more connection to school studies, like math, environment, science, social studies, and language. They are learning through movement and play.

Bring in shavasana, and incorporate a story for shavasana that has a moral they can think about, lots of great stories in the above books.

Legs up the wall is great to do for shavasana as well.

Get them to talk about the moral after.

Ages 10-13

Similar to above, and now bring in the 3 part breath and Anuloma Viloma.

May bring in adult sun salutations.

Bring in concepts of the Yamas and Niyamas.

Let students build their own class Salute by each student choosing a plant, animal, or structure.

Perhaps bring in positive, fun music.

Bring in Meditation. Do short practices like watching the back of the eyelids for colours and shapes, counting to 10 with out getting distracted by thoughts.

Age 14+

Use mats and set up as an adult class.

Often the class can be in a circle and check in with how school is going, etc.

Pranayama, meditation, and tratak are always exciting.

Students love to learn about the mystical things.

Most students are over scheduled and over stimulated, so consider doing a gentle restorative class.

Calm music, and silence at the end.

Sanskrit prayers in call/response style are often well received.