



The wonderful benefits of Kids Yoga Classes with Bearfoot Yoga for Kids

1. Yoga enhances concentration, focus, self-control and body awareness – This is achieved through breathing exercises and mindfulness techniques. Yoga helps to centre, be present and calm.

2. Yoga increases flexibility and strength - Holding a variety of poses while breathing can make anyone feel strong and powerful, including growing little bodies! The moving and twisting in the body also helps the Digestive System.

3. Improves balance and self- confidence - Children feel their bodies and minds growing stronger. Yoga, like other forms of physical activity, make us feel good by releasing happy endorphins. When children practice Yoga it is their practice, their space, their bodies and minds!

4. Improve social skills and community building– Belonging and being a part of a group can be hard sometimes! In our classes we celebrate and respect differences in a non-competitive and safe way, promoting acceptance, trust, kindness and empathy, while making friends and having fun!

5. Sparks creativity – In our classes, children will be invited to try new things. Our classes are full of games, stories, songs, poses (individual, partner or group) and imagination.

6. Explore the senses – One of the great benefits of Yoga is the freedom of bare feet for movement and sensory experiences. Our classes also explore sounds (music), smell (I use essential oils during the classes). Children are also invited to feel their bodies relaxing on the mat, releasing tension and anxiety, in the final part of the class.



facebook.com/bearfootyogaforkids



instagram.com/bearfootyogaforkids

What Bearfoot Yoga classes look like!

1. Welcome: We all breathe in the sunshine of the day and discuss what yoga adventure we are off on! Be it to the beach to the rainforest.

2. Warm up: We take the time to warm up the muscles in our bodies, while burning off some energy!

3. Breath Work: We teach different breathing techniques to help the children slow down, become aware of their breath and teach how they can use these techniques in their everyday lives.

4. Main Section: The Children are ready to move their bodies around the room. Here is the time to put their energy to good use and let them have fun while making their bodies strong. The main benefits are to get hearts pumping, build strength, flexibility and get their wiggles out! Simple poses are introduced through our yoga adventure in the format of storytelling, songs, books and poems. We also discuss the benefits that each pose provides to our bodies, according to their ages / stages of development.

5. Relaxation: Children will usually enjoy this part of the class after moving so much! Children will learn to spend some time being kind to themselves, with a little gift of relaxation in a resting position. This helps children enjoy and take ownership of their own relaxation.

6. Community Closing: Everyone has had fun, learned a lot, and now it is time to bring it to a close. It is incredibly beneficial to reflect on what children learned, giving them a chance to share, connect and work together one final time. It makes them feel more united and stronger together.



For more information testimonials and images please visit bearfootyoga.com.au