

Yoga

for Kids

Introducing yoga to children helps establish healthy habits at an early age. Yoga can enhance a child's strength, coordination, and flexibility, while encouraging body awareness and self-esteem. It can reduce a child's anxiety and stress and promotes a sense of calmness.

Name of the asana - Butterfly pose

Technique [Follow the steps](#)

For reference: <https://www.youtube.com/watch?v=oYIOTPJOuGk>

Butterfly Pose (Baddha Konasana)



Sit on the floor, bend your knees and bring your feet inwards, with the soles of your feet touching together. Inhale deeply, pressing the thighs and knees down toward the floor.



Flap both your legs up and down like the wings of a butterfly. Start slow and gradually increase the speed.



Slowly straighten your legs out in front of you and relax.

Benefits:

- To relax the aching thighs, butterfly pose is the best yoga asana.
- It improves flexibility and helps to stretch the muscles of hips and thighs.
- It relieves stress and tiredness.
- It energizes our digestive organs.

Breathing Exercise for Kids

Breathing exercises are an important part of yoga. They help to relax your body and mind.

Name - Balloon breathing (Technique)

BALLOON BREATHING

Step 1: Inhale Fully
Place your hands on your belly. Breath in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully
Now open your mouth and slowly blow **all** of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



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Benefits

- Releases tension.
- Increases emotional control.
- It helps to improve concentration.
- It gives relaxation to the body both physically and mentally.
- Carries more oxygen to the lungs.
- Promotes better sleep.

For reference:

https://www.youtube.com/watch?v=sn_2GY1gTyo&feature=youtu.be.

<https://www.youtube.com/watch?v=2PcCmxEW5WA&feature=youtu.be>.

