

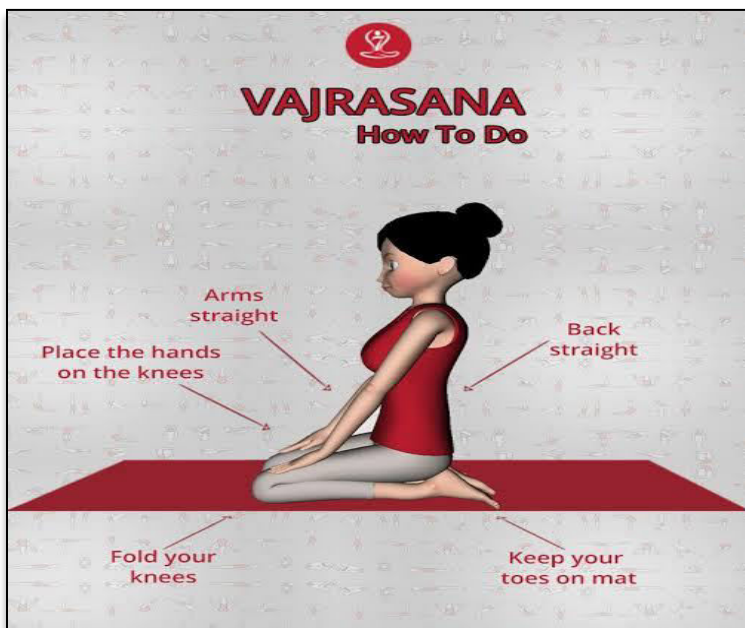
Yoga for kids

Children derive enormous benefits from yoga. It leaves a positive impact on the children.

Name - Vajrasana

Vajra asana is a kneeling yoga pose. The name vajrasana is derived from Sanskrit word 'vajra' which means diamond or thunderbolt pose.

[Sitting pose] - Technique



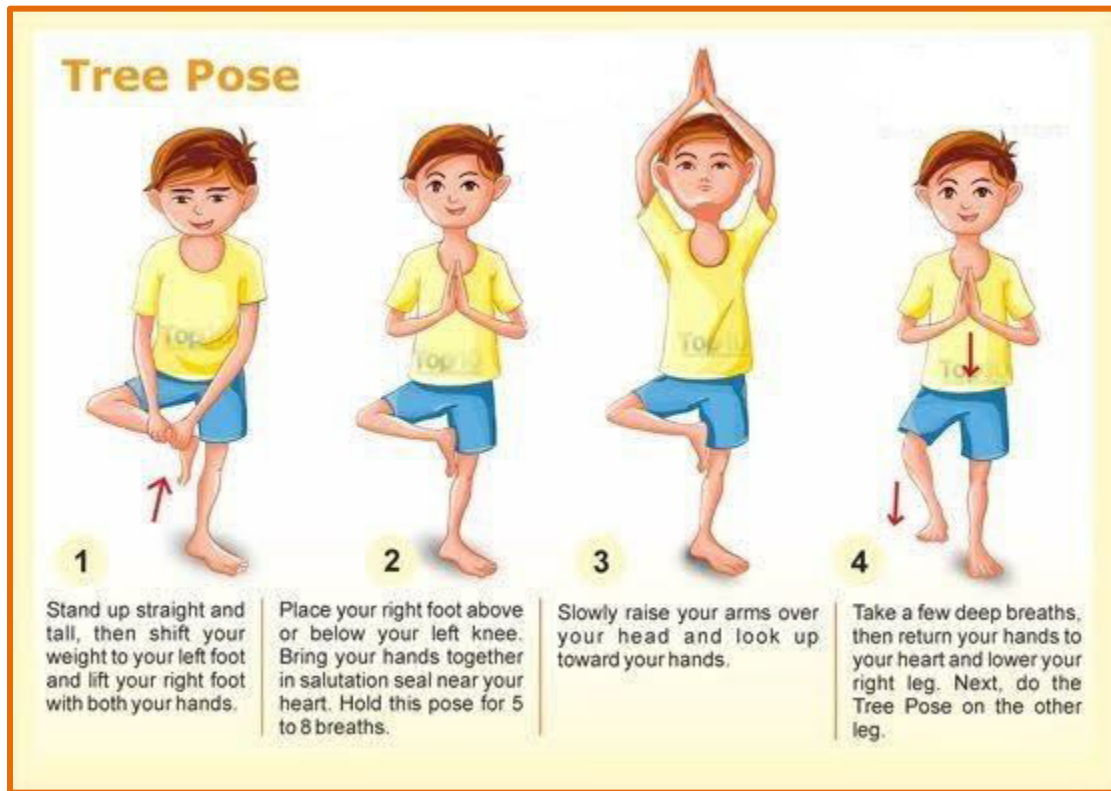
Benefits

- Improves digestion.
- Cures acidity, indigestion and constipation.
- Helps to reduce back pain.
- Strengthens the thighs and legs muscles.
- People who suffer from gastric problems can practice this asana immediately after meal.
- It calms the mind.
- It reduces stress.

For your reference: <https://www.youtube.com/watch?v=6ENS6YiE0OA&feature=youtu.be>.

Name - Vrikshasana (Tree pose)

[Standing pose] - Technique



For your reference: <https://www.youtube.com/watch?v=SfLrMwcxwlg&feature=youtu.be>.

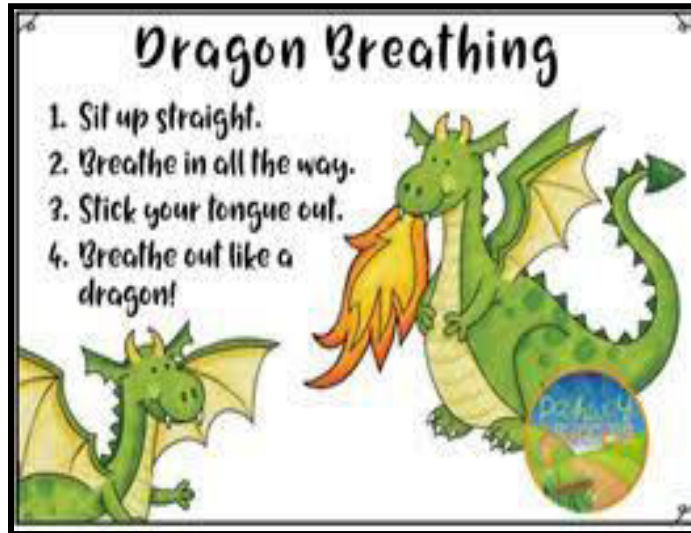
Benefits

- Helps to develop balance and stability in the body.
- Boosts concentration.
- Strengthens feet ligaments and tendons
- Strengthens the back and abdominal muscles.
- Tones the leg muscles.

Breathing exercise for kids

Name - Dragon breathing

(Technique)



Benefits

- Improves blood circulation.
- Improves concentration.
- It reduces stress and anxiety.
- Calms your mind.

For your reference:

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

<https://www.youtube.com/watch?v=BFF9EvNuZck&feature=youtu.be>.