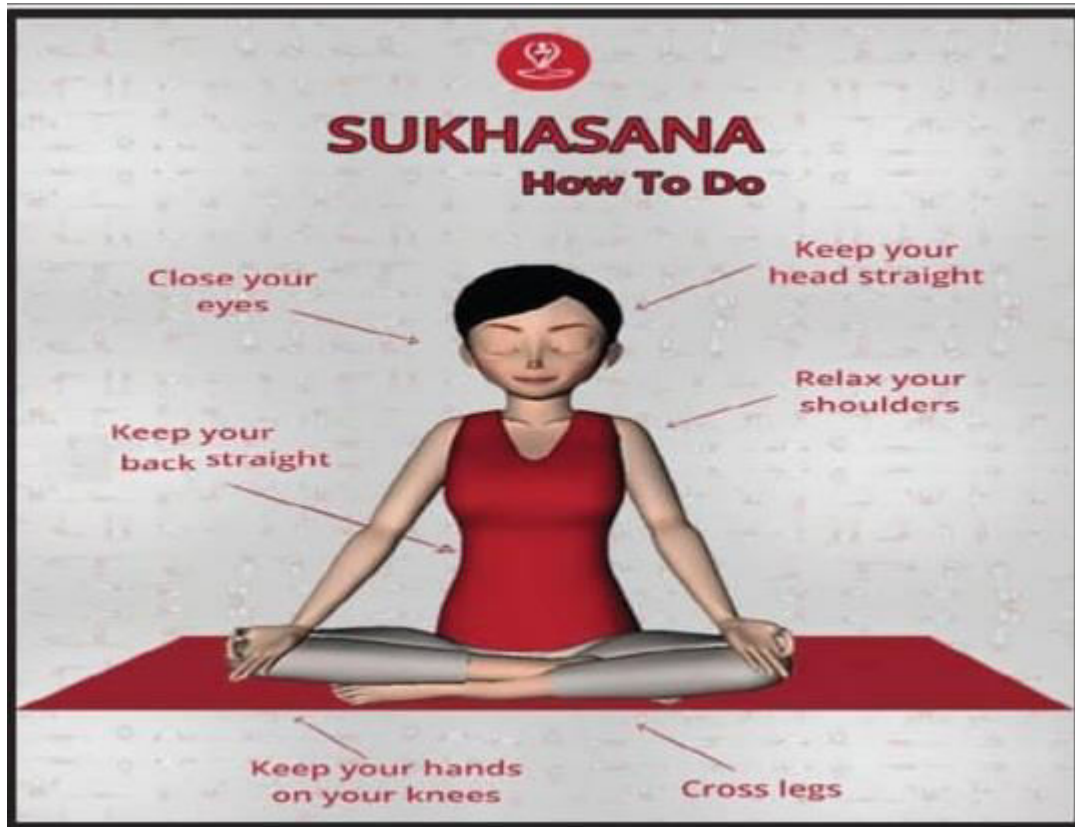


# Yoga for kids

Yoga is really useful for kids. It keeps them calm, active and healthy.

## Name - Sukhasana [sitting pose] - Technique

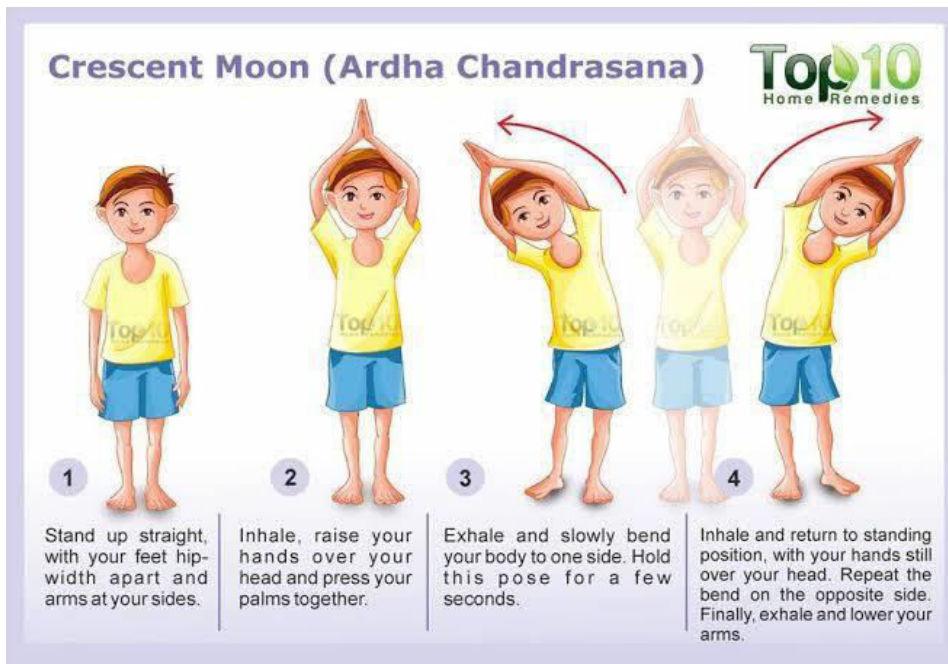


### **Benefit**

- Improves concentration.
- Improves flexibility of ankles, knees and hip joints.
- Helpful in reducing stress and anxiety.
- Builds physical and mental balance.
- Helps to develop good posture by keeping the spine erect.

For your reference: [https://www.youtube.com/watch?v=iBSxtZnup\\_w&feature=youtu.be](https://www.youtube.com/watch?v=iBSxtZnup_w&feature=youtu.be).

## Name: Ardha Chandrasana [crescent moon] | Technique



### Benefits

- Strengthens the abdomen, ankles, thighs and spine.
- Stretches the calves, shoulders, chest and spine.
- Improves coordination and sense of balance.
- Reduces stress.

For your reference: <https://www.youtube.com/watch?v=QxmPB4y7jio&feature=youtu.be>

