

## How will Your Child Benefit from Yoga?

In our world today kids have so much pressure academically and socially. They are growing up in a fast paced technological age that keeps them going. Between school, sports, and a myriad of social activities, why would we be advocating adding one more thing in their schedule?

It has been my experience that yoga, as that one more thing, empowers children with skills that they can then take into all the other facets of their lives. Doing yoga together, with the use of songs, games, movement, breath, meditation gives these kids tools that they can bring into the classroom and onto the fields of their lives.

Teaching kids yoga gives to them skills to learn boundaries and proprioception, where their body begins and ends and how to feel grounded in their lives and in their bodies. Through teaching breath and meditation through fun age appropriate games, a generation of children are growing up with skills to cope with life and academic stressors. All children and adults benefit from the strengthening, balancing, and toning effect yoga has on the nervous system. Scott M. Shannon, MD, recommends yoga in his book *Please Don't Label My Child*. He writes, "It provides structure and a commitment to wellness that kids who need grounding can easily latch onto. It's an empowering activity that suits kids well and that they can engage in for a lifetime."

### **Some Additional Benefits include:**

- \*Increase self-esteem, sense of self and self awareness.
- \*Improved Coordination.
- \*Increased strength, flexibility and balance.
- \*Increased circulation.
- \*Learning techniques that help cope with stress, anxiety and anger.

We think that yoga is such a wonderful addition to the life of all children that **Life in Balance** is partnering with **Living Mangaliso Spirit, Life, Breath and Yoga** to offer a kids yoga program!!

We will focus on increasing body and breath awareness, while introducing tips and techniques that help all our kids learn how to self-regulate and relax.

We invite you and your child(ren) into a boundless world of wonder and exploration where they will stretch like a dog, balance like a flamingo, breathe like a bunny, or stand strong and tall like a tree. The space and opportunity empowers them to make the connections between them and the world they live in, while having lots of fun!

Visit [www.lifeinbalancecenter.com](http://www.lifeinbalancecenter.com) for more info. or call **540-381-6215** to reserve your child's space.