



Effective Yoga Poses For Kids

Hello!



I am Argyro Akrividi

I am here to discuss about kids yoga practice at schools.

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What Is Yoga?

While there are many benefits of yoga, it is mainly a set of different physical exercises, or postures, that are known as asanas in the world of yoga. The different asanas take care of each part of your body as well as help to keep your mind in control. Yoga is not just about exercises, it is also a lot about breathing and being able to keep control over your actions.

Benefits

1. Yoga Helps Kids Breathe Better
2. Yoga Will Make Kids Be More Aware Of Their Bodies
3. Yoga Will Help Your Kids Learn To Balance Better
4. Kids Will Learn How To Keep Their Mind Calm
5. Yoga Will Let Kids Use Their Energy Better

Benefits

1. Yoga is non-competitive
2. Yoga Teaches Self-acceptance
3. Yoga Encourages Healthy Habits
4. Yoga Builds Concentration
5. Yoga an alternative to electronic devices

The Mountain Pose or The Tadasana Pose

Helps:

The mountain pose will help your kid to maintain good posture and experience peace overall. It will also encourage your kid to stand taller and will help them to strengthen their body overall.



The Rag Doll Pose or The Uttanasana Pose

Helps:

Will concentrate mostly on your kid's hamstring and will be able to make their hamstring flexible. It will also help them to prevent getting injured during play. Also, will help to make your kid's blood flow in the reverse direction, which will help to re-oxygenate the body.



The Tree Pose Or The Vrkasana Pose

Helps:

The tree pose will help your kid to make their minds calmer and make them able to concentrate better, stay calm and focused without their attention going everywhere. Will help them hold their thoughts and think better. It will also help them to tighten up their cores and get better balance.



The Doggy Pose Or The Adho Mukha Svanasana Pose

Helps:

This pose will help reverse the kid's blood flow and re-oxygenate the body. It will also help to give your kid's body a resting pose that will help to make their bodies feel more stable. It will help your kid to strengthen different parts of the body and maintain better balance.



The Bridge Pose Or The Setu Bandha Sarvangasana Pose

Helps:

The bridge pose will help to reverse the flow of blood in your kid's body. When that happens, it will help to re-oxygenate the body and improve the overall blood flow in your kid's body. it will also help to improve your kid's level of energy.



The Butterfly Pose Or The Baddha Konasana Pose

Helps:

The butterfly pose will help to open up your kid's hip area and will also provide a lot of stretch to the ankle area. The pose will also help your kid maintain better posture and keep the spine erect.



There are lots of tools you can use to teach yoga to children. The young ones like games, doing poses from yoga books for children and singing songs with big, expressive movements. Older children love to create their own poses, be challenged by balancing and learn about the muscles and other aspects of anatomy.

Thanks!

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