

# YOUR YOGA SPACE

---

## HATHA • VINYASA • JOURNEY



# CHILDREN'S YOGA

Essential non-competitive physical and mental exercise providing vital coping mechanism for a healthy life

**What can yoga do for your child? Some benefits of children's yoga are listed below:**

- ❖ Yoga provides a non-judgmental space for self expression where they are not under pressure to compete and perform, giving them a break from the strains of modern society
- ❖ Exercising the body to balance muscle tone, build strength, stamina and flexibility.
- ❖ Mental exercise, allowing for creativity, focus, concentration, attention span and improved energy.
- ❖ Balances mental and physical energy levels allowing children to channel their energy in an effective and constructive way.
- ❖ Reducing depression, anxiety and stress levels
- ❖ Improves posture assisting the correction of spinal curvature.
- ❖ Improves the quality of sleep
- ❖ Increased self esteem and a sense of inner calm and contentment
- ❖ Improved muscle control and body awareness
- ❖ Improved breathing skills, assisting children suffering from asthma and respiratory concerns
- ❖ Improves immunity
- ❖ Provides coping mechanisms that can be used for life
- ❖ Teaches discipline and the ability to listen
- ❖ FUN FUN FUN!!!

Plus much more!!

To read more on the benefits for children, please see the following website:

<http://www.yogajournal.com/lifestyle/210>

[www.youryogospace.co.za](http://www.youryogospace.co.za)

# YOUR YOGA SPACE

---

## HATHA • VINYASA • JOURNEY

### How the classes work:

Specially designed classes for pre-primary and primary school children (ages 4 to 12) are provided at our studio in Randburg and can also be arranged at your school.

The classes include breathing techniques, warm-ups, yoga postures, relaxation time, games, stories and laughter. The big difference between children's yoga and that of adults is that the class is designed around a story and involves more social interaction. The children learn to explore their imaginations, to move their bodies and to work in teams. They get a chance to grow without the fear of doing things right or wrong.

### Studio class times:

Day	Time	Venue
Wednesday	14.15 – 15.00	Randburg, Blairgord Centre

### Prices for the following term:

School term from 20 July to 28 September 2011:

1 class per week = R750

*Prices are subject to change. No refunds.*

### What will your child need?

Yoga is done barefoot on yoga mats. We have yoga mats for their use or ones for purchase.

They need to wear comfortable clothing that does not restrict their movement.

Please provide them with a water bottle so they can drink a lot of water before and after class.

### Contact:

Cathy on 072 123 6316

[children@youryogospace.co.za](mailto:children@youryogospace.co.za) [www.youryogospace.co.za](http://www.youryogospace.co.za)

@ 2<sup>nd</sup> Floor, Blairgord Centre, Cnr Blairgowrie Drive and Gordon Rd, Blairgowrie, Randburg.



[www.youryogospace.co.za](http://www.youryogospace.co.za)