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How Does Yoga Help Children?



The All-Rounder

Yoga helps to improve core strength, muscle tone, balance, and coordination of course. But it's so very much more. It has also been linked to helping to improve concentration, and self-esteem as well as boosting their well-being.

In a society where expectations are high, from a young age, the yoga mat provides children with a place where they can have fun and express themselves creatively.

Tools For Life

Yoga and mindfulness can simply be seen as tools they can draw on throughout their lives, whether that be in times of emotional stress or academic pressure.

Yoga and mindfulness also help promote mental and physical resilience, which can be applied to everyday life.





Moral Compass

However, beyond the mat, and at the heart of yoga, is the promotion of certain moral codes. These are in no way dogmatic, simply a general guide on how to live a happy and fulfilled life.

Family life, and in some cases religion, can instill these values

however when seen as a philosophy, as well as a physical practice, yoga can provide this in a unique way

Boosting Metacognition

Yoga takes a holistic approach to health and well-being, acknowledging the strong connection between someone's mental state and physical health.

Professor Sat Bir Khalsa, a researcher in yoga for young people, says yoga promotes meta-cognition. Meta-Cognition is when we are able to have an overview of our own experience, whether physical, mental or emotional, and understand it in the context of others.

A Holistic Approach

Children are taught, through postures, that we are one. Instead of seeing physical fitness and mindful actions as separate, yoga teaches us that we are one with our mind, body and soul, with our society and with the world and universe.

Essentially yoga promotes compassion over judgement and connection over antagonism - towards ourselves as well as others.

Give it a go.

It could become one of your family's many tools to help navigate this ever changing world we live in.



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Greenshoots Yoga provides lessons to children and young people from 5-18 years in Heaton Chapel.