

Benefits of Yoga for kids

Indexed by ProQuest

Bangladesh, Aug. 13 -- **Yoga** is a form of exercise, meditation, and breathing practices with Indian roots designed to bring unity to the mind, body, and spirit. Adults have vouched for **yoga** for years, saying it makes them feel better physically, enhances their ability to concentrate, and brings tranquility to their lives. Now parents and **yoga** instructors are looking at the possible benefits of **yoga** for kids.

First, children experience many of the same physical benefits adults do from practicing **yoga**. **Yoga** strengthens them and helps them become more flexible and coordinated.

Second, **yoga** for kids also enhances self-awareness. Children who practice **yoga** learn early on to tune into their bodies. Self esteem is bolstered as the children gain control over their bodies and minds.

Third, **yoga** for kids enhances imagination and empathy. Children are asked to strike poses from nature. They might assume the pose of a snake, or a tree, or a dog. Then they are asked to imagine what it would be like to be those life forms. In this way, children learn early on to connect with all the life on the planet and realize that similarities far outweigh differences.

Fourth, **yoga** teaches children to have fun and move their bodies in a non-competitive environment. **Yoga** isn't about being right or wrong, or being best or worst. It is about bringing unity to one's own life. Children can work together to help each other reach this goal.

Fifth, **yoga** for kids teaches self-discipline. As part of the practice of **yoga**, kids need to slow down, hold certain postures, breathe or think in a certain way. **Yoga** encourages children to master themselves rather than wait for an adult to control them.

Sixth, **yoga** for kids can also be a way to strengthen families.

Yoga is an exercise that parents and children and even grandparents can practice and talk about together. As children participate in **yoga** with their families, they feel closer to their loved ones.

Seventh, through practicing **yoga**, children can learn ways to relax and get control of stress in their lives. A child worried about a test, for instance, might use the meditation or breathing techniques of **yoga** to help her calm down and focus.

By teaching self awareness, self control, and concentration, **yoga** can also help to manage children who have been diagnosed with ADHD - attention deficit and hyperactivity disorder. **Yoga** has also been used with some success to help children with Down syndrome, **cerebral palsy**, and autism. **Yoga** for kids has also been used to help kids with cancer cope with their diagnosis and with scary medical procedures.

Overall, children seem to derive great benefits from doing **yoga**. The next time you put on the DVD for your own workout, think about including your little one in the fun. Chances are you'll be glad you did.

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Word count: **498**

[[Show less](#)]

Indexing (details)

[Cite](#)

Benefits of **Yoga** for kids

Publication title

[The New Nation](#)

Publication year

2010

Publication Date
Aug 13, 2010
Year
2010
Dateline
Bangladesh
Publisher
HT Media Ltd.
Place of Publication
Dhaka
Country of publication
Malaysia
Journal Subjects
[General Interest Periodicals--Bangladesh](#)
Source type
Newspapers
Language of Publication
English
Document Type
NEWSPAPER
Database
ProQuest Newsstand