

Yoga for Kids



Benefits of Yoga for Kids:

Yoga **strengthens and increases flexibility and coordination**. It enhances **self-awareness and self esteem**. It can develop **imagination and empathy** as the child strikes poses from nature. It's fun and children learn to move their bodies in a cooperative way. Practicing yoga can help children learn ways to **relax and control stress**.



We are running a Yoga program for Children at The Sensory Gym that will involve **Heavy Work, Respiration and Yoga.**

We are currently taking names for next term. Please call our office on (02) 45789799.