

## ***BENEFITS OF YOGA FOR CHILDREN***

**The word “yoga” means union. It’s an ancient holistic tradition that unites body, mind, and spirit - bringing them into harmony and balance.**

Yoga is a science that has been practiced for thousands of years. It consists of Ancient Theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the Health Benefits of Yoga - from the Yoga Postures (Asanas), Yoga Breathing (Pranayama), and Meditation.

**Why Bring Yoga to School:** - Practicing yoga in a school setting teaches students physical awareness, mental awareness, emotional awareness, community awareness and how to use relaxation techniques to reduce stress. Yoga in the school is a convenient and practical outlet that also improves balance, strength, flexibility, kinesthetic sense, focus and attention.

**1. Academic Performance: Yoga** not only teaches children techniques to sharpen their focus by quieting the mind, but it also creates a subtle motivation to learn

**2. Self-Esteem and Behavior: Yoga** fosters self-acceptance, which is increasingly significant as children approach the peer-pressured, teenage years.

**3. Physical Fitness:** Improved posture, coordination, balance, strength, and flexibility. Yoga is calming and is a wonderful stress reducer, which can be quite helpful for today’s generation of over-scheduled, highly stressed children.

**4. Emotional Balance, Reducing Fears:** Breathing techniques that children learn through yoga increase and channelize energy, when necessary, and decrease anxiety.

The information on **Yoga Poses & Benefits** are grouped into 2 categories-physiological, psychological,

### **Physiological Benefits of Yoga**

- ❖ Increase in Cardio vascular efficiency

- ❖ Increase in Respiratory efficiency
- ❖ Normalizing Gastrointestinal function
- ❖ Normalizing Endocrine function
- ❖ Improves Excretory functions
- ❖ Increases Immunity
- ❖ Improves Steadiness

### **Psychological Benefits of Yoga**

- ❖ **Increase in Attention Span:** Yoga strengthens the immune system and energizes the mind and it helps in focusing on one task at a time and finishing what has been undertaken by children.
- ❖ **Improves Memory & Concentration:** There are many techniques in yoga that help to stimulate the brain and nervous system and this in turn helps to improve memory and concentration. Pranayama or the breathing exercises work by focusing on one's breathing pattern as you breathe in and out and thus helps to increase the oxygen flow to your body and also improves the concentration and focus.
- ❖ **Learning Efficacy:** As memory and concentration improves, it helps to improve our learning efficacy.

Thus we can say that persistent efforts and practice of Yoga can be of great help to each and everyone to achieve physical and mental well being!!!!!!

By,

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