

Interreg
Baltic Sea Region



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RESILIENT ECONOMIES AND COMMUNITIES

KidsLikeUs



YOGA FOR CHILDREN

ABOUT YOGA

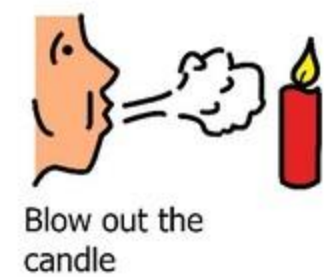
- Many benefits – emotional, physical and mental
- Movement, mindfulness & breathing (+philosophy)
- Not a religion

MOVEMENT

- Positions & transitions
- Yoga cards
- Youtube/Internet
- Creativity/play

BREATHING

- Quickest way to calm the nervous system
- Concentration
- Balloon breath
- Count breath
- Blow out candle



MINDFULNESS & PHILOSOPHY

- Focus & presence
- Ask questions
- Close eyes
- Good enough as you are



HOW TO TEACH YOGA

- Trauma & gentle teaching
- Self exploration
- Calm but secure voice
- Making everyone feel seen
- Empowerment techniques

ROOM SET UP

- Candles & cozy lighting
- Scents
- Music
- Mat placements

