

YOGA FOR KIDS

Nepal Prakriti Pathshala

www.wcn.org.np



For age group: 6-10

Materials required:

- Yoga mat
- Music (optional)

Estimated time:

5-10 minutes (minimum)

Objectives:

**Improves flexibility, strength and body coordination,
Maintains health**

Yoga has proved to be the best to maintain an individual's health.

For children, the poses are less difficult than the ones done by adults and it involves more of stretching poses. You can do this activity everyday, preferable in the morning for about 10 minutes.

You can also opt to play calming music as you do yoga.

Reference:

<https://www.youtube.com/watch?v=X655B4ISakg>

<https://www.nutritionnew.com/yoga-for-kids-why-your-kids-should-try-it/>

