

Yoga Time

There are so many different types and styles of yoga that aim to relax and ground us in the present moment. Yoga can be a great calming exercise to do with children and it is wonderfully restorative for parents and carers, too. Depending what yoga style you choose, you can focus on breathing exercises, gentle movements, meditation or you can do a workout that concentrates more on the body.



Photo by Valeria Ushakova via www.pexels.com

What you need:

Soft floor space- this could be in your lounge, on blankets in the bedroom or perhaps you could do a yoga session on the grass in the backyard

Optional extras:

Blanket
Towel
Calming Music
Essentials Oils/Candle

There are so many classes to be found online, for free. We have compiled a list for you:

Cosmic Kids

Yoga with Adriene

Smile and Learn

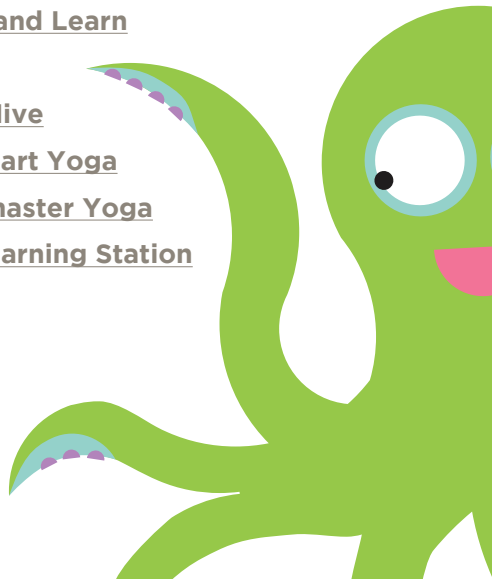
Gaia

StoryHive

We Heart Yoga

Fightmaster Yoga

The Learning Station



Here are some basic moves to try:



Downward Facing Dog



Cobra



Triangle



Half Moon Pose



Crescent Lunge



Goddess

