

Why YogaFit Kids™ Methodology?

YogaFit Kids combines yoga and play. It is playful, creative, and fun, functional movement, combined with “Within” mindbody work. We use mindful movement, games, share circles, breath work, and visualization to move energy through the body as we calm the mind.

Classes are multi-age and inclusive. YogaFit Kids allows all children to participate at their own level.

YogaFit Kids instructors do not always correct children while in poses. Children start by holding the pose naturally, in the way it feels best in their bodies. We emphasize feeling the pose in the body, not perfecting the pose.

A few benefits of YogaFit Kids are:

- Safely and effectively improving Strength and Flexibility
- Developing Strong, Limber and Healthy Bodies
- Improved Coordination and Posture
- Learning to Relax - opening up to a peaceful state of mind and body
- Expressing Creativity and Imagination
- Increasing body awareness - learning basics of anatomy and health
- Improving Concentration, Attention and Focus
- Improving Self Esteem & Confidence - everyone can be successful at yoga
- Learning positive social interaction and playing/learning “With” others, balanced with: learning to be comfortable working with an inward focus - “Within”
- Emotional Balance - tools for coping with pressures of school and emotional problems (especially with adolescence)
- Breath work oxygenates the blood to improve nerve function and strengthen the central nervous system - calms & relaxes nerves