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YogaTotos (Yoga For Children)

YogaToto classes are fun, creative and enjoyable for boys and girls in 3 age groups of 3-6, 7-10 and 11-14 year olds. A YogaToto class is designed to use their imagination with posture work whilst teaching them how to breathe correctly, how to relax their bodies and maintain their posture. They are taught about balance and focus and co-ordination of the movement with the breath. The class incorporates lots of vocal work and the aim is to help children build their esteem and have the confidence to identify their place within their surroundings without being competitive. There will also be relaxation and the practice of enjoying quiet times usually at the beginning and at the end of the session. In a YogaToto class, children get an opportunity to explore their minds through meditation and visualization, colouring mandalas to create balance and harmony in their minds and the practice of Yoga Nidra, deep relaxation that takes them on a magical journey of their own imagination.

The benefits of Yoga to children

Introducing children to yoga early in life promotes a healthy awareness of their body and their mind. Creating this awareness is a powerful tool that will stay with them for many years to come. Yoga being non-competitive, allows children to be free to express themselves and channel their energies in a positive sustainable way. Through yoga practice, children learn how to clear the body and the mind of all tensions that have accumulated and how they can feel energized from the various yoga postures. Over a period of time, children who practice yoga live constantly in the present moment, in an aware state and only plant positive seeds in their bodies and mind.

Most children spend less time exercising and playing creatively as more time is spent in cars and in front of computer screens which culminates in a loss of their natural flexibility and creativity.