

Kids & Teens Yoga Program Key Features

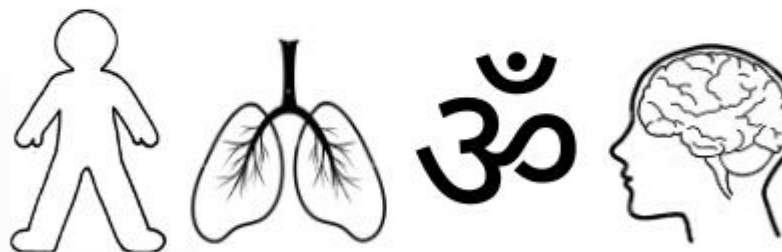
Customized yoga program for Kids (4-12 Years) and Teenagers (13-18 Years)

Holistic Yoga Curriculum for children development

1. **Monthly Theme Based Practice**, aligned to student's school life
 - Asana For Physical fitness
 - Pranayama for balanced breathing and functions
 - Yoga for Relaxation and concentration to reduce stress
 - Yoga for Studies & Exams to improve memory for exams
 - Yoga for Emotional culture to handle anxiety, anger and sadness
2. **Worksheet**: To practice at home to develop a regular habit
3. **Monthly Assessments**: to track performance and progress
4. **Age-Appropriate practices**, beneficial at that age of children
5. **Chanting** of Yoga Sutras & Shlokas to enhance voice & memory.
6. **Games and Activities** to children engaged in the sessions
7. **Kriya Practices**
 - Jala Neti – Improves breathings
 - Thrataka – Improves sight and concentration
 - Shankaprakshalana – Reduces indigestions
8. **Planned and Structured** teaching so children get enough benefits

Yoga Therapy for Common children's ailments

- **Digestive Disorders**: Childhood Obesity, Constipation,
- **Respiratory Disorder**: Asthma, Allergic Rhinitis,
- **Emotional Issues**: Anxiety Disorders & Depression, Stress
- **Others**: speech disorders, Juvenile Arthritis, consult us for more details



Bend, Breathe, Chant , Meditate

For Healthy & Holistic Life

Name: _____

School / Center: _____

Kids & Teens Yoga,

#10, 2nd cross, Jambusavari Dinne, Gottigere, Bengaluru – 560083,

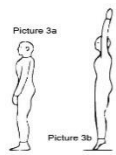
WhatsApp – 9019695436, kidsteensyogaclub@gmail.com

First 10 Days Practice Worksheet

1 Prayer & Warm up



Hand Stretch



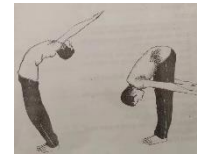
Picture 3a
Ankle Breathing



Jogging



Jumping



Forward & Back



Supine Cycling



IRT

3 Shlokas

2. Asana



1. Tadasana



2. Ardha chakrasana



3. Padahasthasana,



4. Vrikshasana



5. Vajrasana



6. Shashankasana



7. Bhujangasana

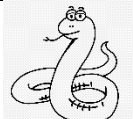


8. Parvathasana

3. Pranayama



9. Hand Stretch Breathing



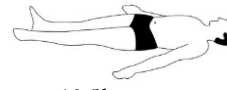
10. Hissing Snake



11. Bhastrika



12. Brahmari



13. Shavasana
4. Dhyana



14. (10, 11 times)

1 to 21

15. Counting Meditation



16. Meditation

Yoga Shloka

Yoga Ganapati Mula Mantra

ॐ हं सं गं भगवते नित्य योग युक्त्याय
सच्चिदानन्द रुपिणे विनायकाय नमः ॥

om ham sam gam bhagavata nitya yoga yuktaya
sachidanand rupine vinayakaya namaha

First Assessment

Yogic Practice	1 st Asst	2 nd Asst
1. Tadasana (number of holding seconds, max 120 Sec, with stability)		
2. Vrikshasana (to assess concentration max 120 Sec, with stability)		
3. Ustrasana (to assess back strength and improve breathing, max 120 Sec)		
4. Brahmari (One Exhalation duration measured in number of seconds)		
5.3 OM Chanting		

Student Name _____ School /Center _____

Practices / Days	Current	1	2	3	First 3 Days of Yoga Practice	4	5	6	7	8	9	10	
1. Prayer & Warmup	ॐ												
2. Asanas (5 times) Standing Asana Sitting Asana Prone & Supine Asana													
3. Pranayama (10 times) Hand Stretch Breathing Hissing snake Bhastrika Brahmari													
4. Dhyana (21 times) OM chanting – 0 to 21 Counting meditation Meditation													
Practice Duration													

Parents Sign (after first 3 Days) _____ Yoga Teacher Sign _____