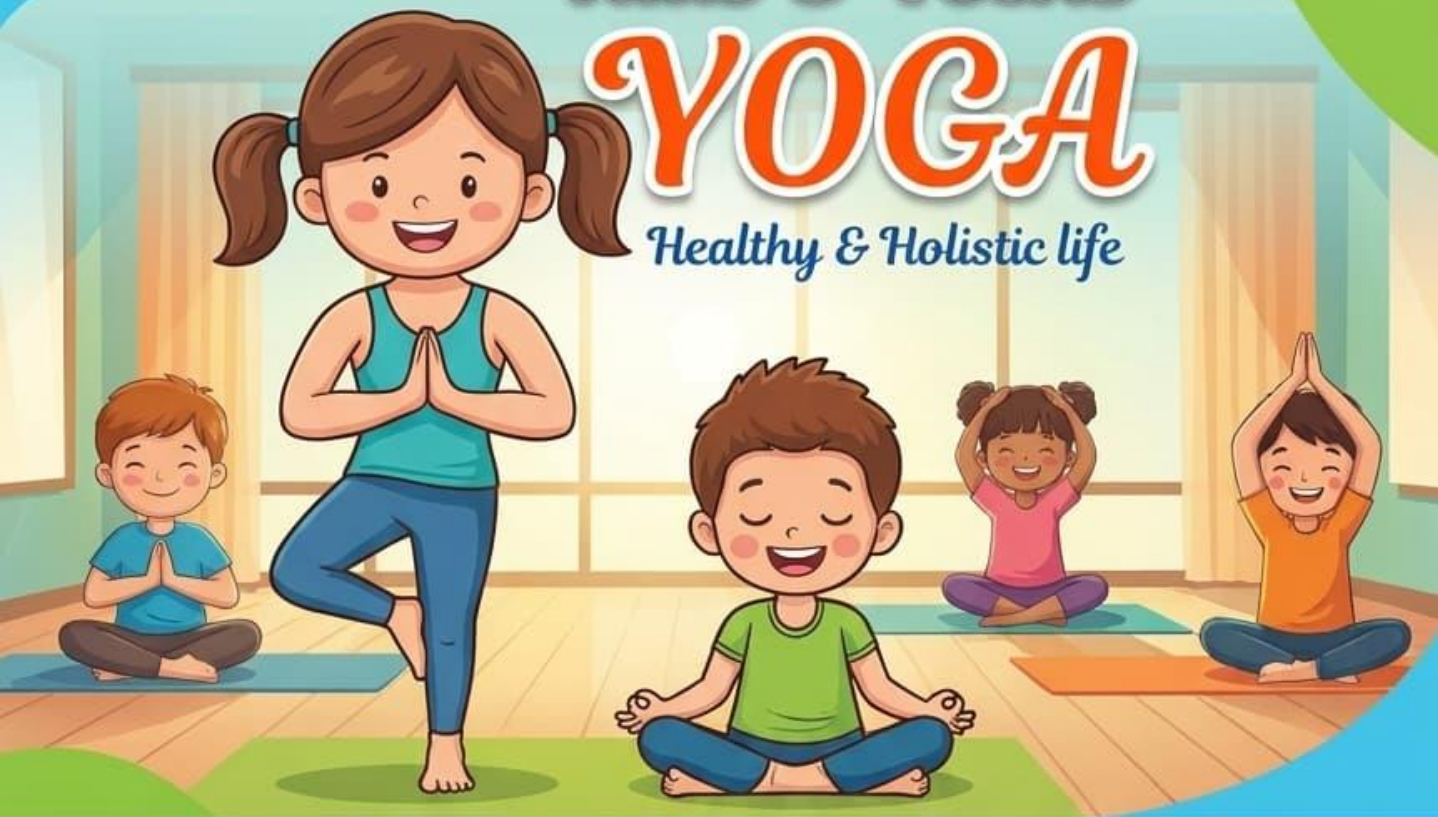


Kids & Teens

YOGA

Healthy & Holistic life



2026 –27 Admission
Limited Seats (16 – 20) Batch

Gift your child a Holistic, Healthy & Happy lifestyle

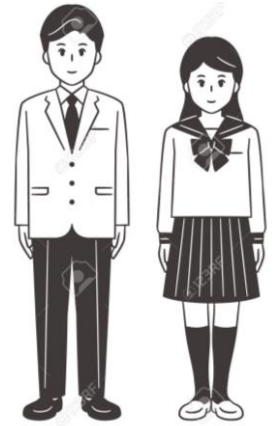
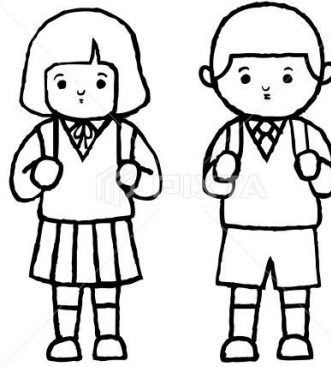


1

The **NEED** for Kids & Teens yoga



The journey from Happy Childhood to (Physically & emotionally) Healthy Adult



0 – 3 Years
Toddlers

4 – 6 Years
Preschool

7 – 11 Years
Primary
School

12+ Years
High School

3 years

Speech
Development
Gross and fine
motor skills

5 Years

90% of Brain
Development

8 Year

Pineal gland
decline
Pituitary gland &
sexual hormones
alveoli increases
size
immune
surveillance
system ceases
introduce
discipline and
concentration
Develop
reasoning and
logic

12 Year

Sexual organs
development and
body changes
Adrenal hormones
**Girls –
Menarche**

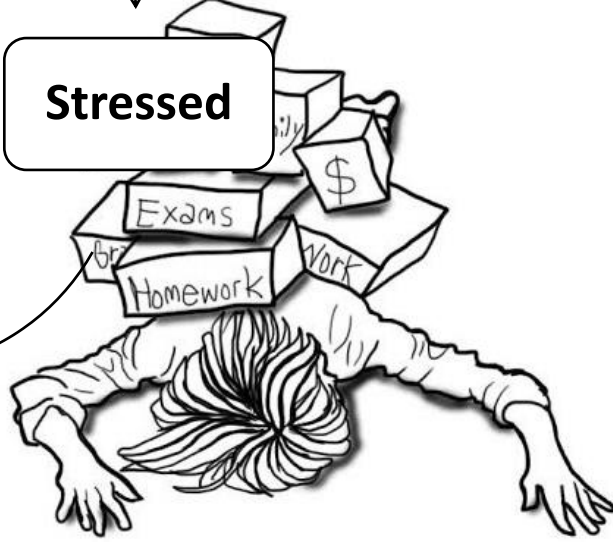
The Problems of **current childhood life**



imbalanced



Distracted



Stressed

1. Excessive Screen Time
2. Lack of enough exercise
3. Insufficient breathing
4. Emotional stress of studies, friends
5. Unavoidable & cravings for junk foods

2

10 Good Reasons For Children's Holistic lifestyle

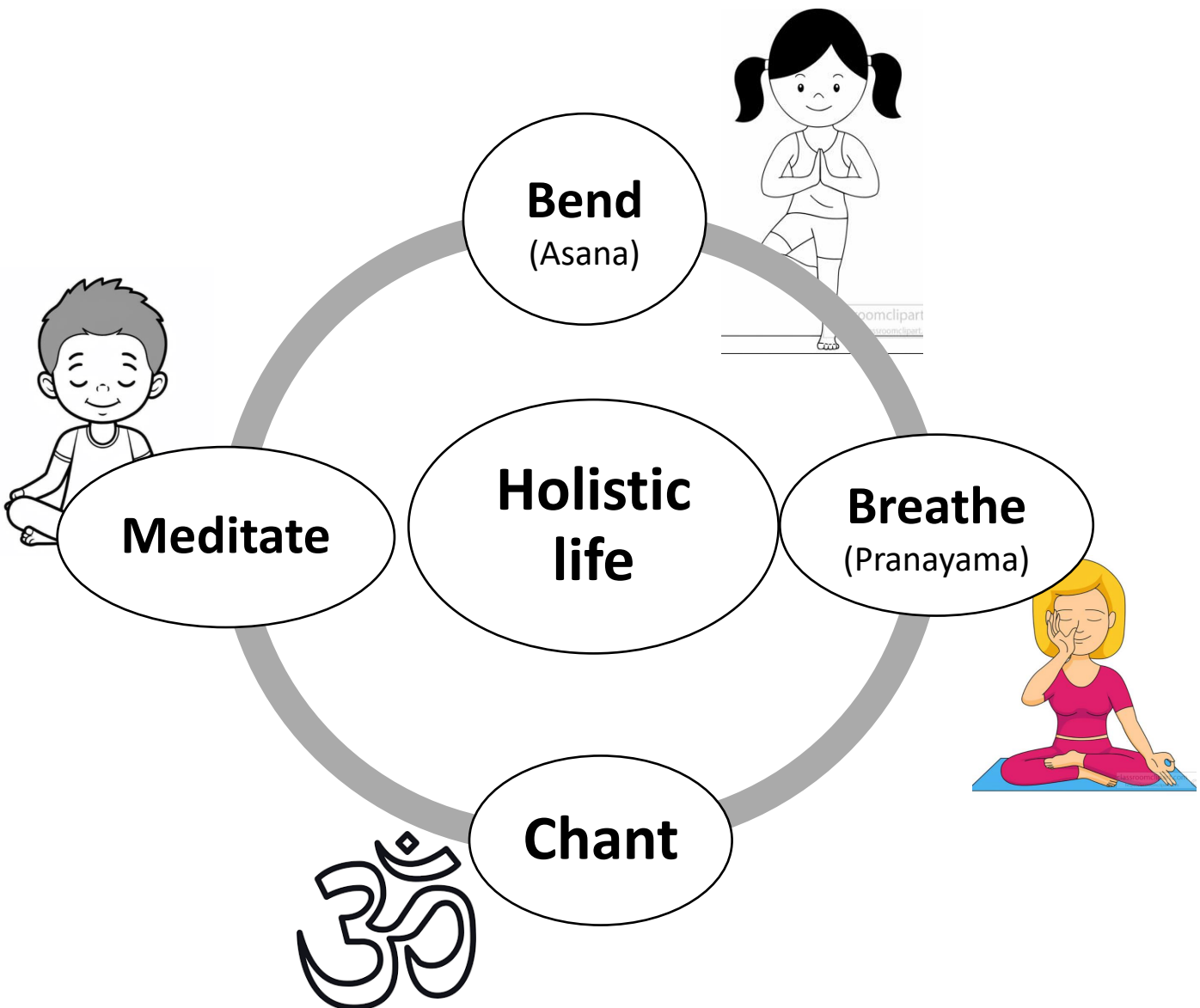


1. Holistic Approach

For Healthy, & Holistic Lifestyle

Mission

To provide a fun, **supportive and positive yoga learning experience** through which children's can develop **healthy, and Holistic personality** by learning and practicing yoga



2. Monthly Focused Theme



June
Yoga Asana
For Physical strength

July
Pranayama
For Balanced Breathing



Aug
Relax & Focus
For reduced stress & improved concentration



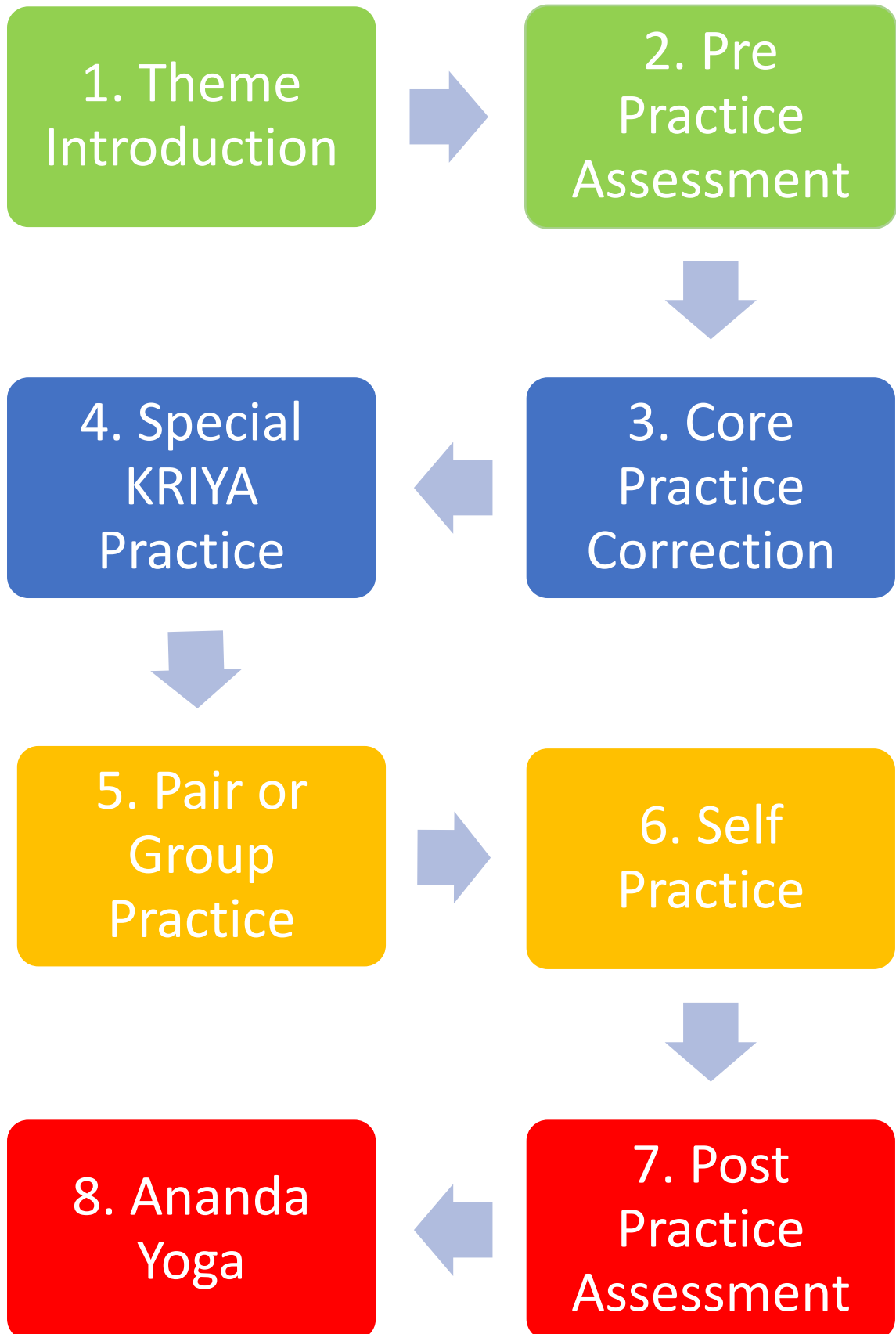
Sep
Study Meditation
For Exams & memory



3. Well Structured Syllabus

Kids & Teens Yoga Structred and Holistic Curriculam 2026			YP - 07	Version	V1-1
			Syllabus	Updated	10-May
Kids Junior & Kids & Teens			Kids Junior	Kids & Teens	
First Term	June	July	Aug	Sep	Sep
Modules	Asana for Physical fitness	Pranayama for Balanced Breathing	Relaxation & Concentration for anxiety, stress reduction	Voice Culture for speech & cognitive development	Study Meditation for memmory improvement
Warm Up	Major Joints	Breathing	Suryanamaskara	Breathing	Breathing
Kids Junior	1. Sukshma Vyayama for Neuro stimuations --Toes, Ankle, Knee --Shoulder, Elbow, Wrist 2. Standing - Tadasana, Ardha Kati Chakarasana, Vajrasana, Bhujangasana,	Breathe awareness Ankle Breathing Hand Stretch Breathing Hissing Snake Lion Breathing Tiger Breathing	Vrikshasana Dhanursasna Yoga Nidra Visualization Stories Concentration Test	Tongue Exercises A-U-M-AUM Chanting Single line mantra Chanting Yoga Sutra & Shlokas Chanting	
Kids & Teens L1	Tadasana, Ardhakati Chakrasana, Vajrasana, Paadahasthasana, Maalsana, Bhujangasana	Shshankasana Breathing Leg rise Breathing Brahmari	Balancing Table, Naukasana, Shavasana , Dhayana OM Meditation Revese Counting Meditation		Memory Assessment Reverse counting Meditation Study Meditation
Kids & Teens L2	A. Trikonasanasana, Veerabadradasana, Paadahasthasana, B. Ustrasana, Vakrasana, Janushirsasana, Ardha shirsasna C. Shalabasana, Setubanddasana,	Sura Anuloma Viloma Chadra Anuloma Viloma Seethali Naadishuddi	Concentration Assessment Shavasana Naadausandahana Dharana on Subjects		Memory Assessment Naadanusandhana Mantra Meditation Study Meditation
Special Practice	Suryanamaskara	Jala Neti	Yoga Nidra	Yoga Sutra Chanting for concentration improvement	Thrataka
Assessments & Others	Parents Orientation	Mid Term Assessment Parents Meeting		Term Assessment Parents Meetings & Yoga Show	

4. Progressive Practice Sessions



5. Home Practice Worksheets




1. Yoga Practice sheets and Diary to
2. Children can form a bit by practicing at home
3. Record Assessments and practice experiences

Frist 10 Days Home Practice Worksheet



Kids Happy Yoga Beginners Yoga Practices

Center : _____ Class: _____ Name: _____

Practices / Days (Tick after practice at home)	1	2	3	4	5	6	7	8	9	10
OM Chanting and Warm up										
 Asanas Tadasana, Vrikshasana Dandasana, Vajrasana Bhujangasana, Makarasana Shavasana										
 Breathing Hand Stretch breath -10 times Hissing Snake - 10 times										
 Chanting & Meditation Maa/OM Chanting - 10 Times										
Practice Duration (10 - 20 Min)										
Parents Feedback Things we liked about this program										
Suggestions to Improve										

6. Interactive Sessions

Intro

Yoga Introduction

Today's Yoga Practice

Guided Practice

Instructor Lead Practice

Asana Adjustments

Yoga Jnana

Chanting, Knowledge sharing
Games , Activities

Practiced Asana

Individual Practiced Asanas

Group Show

Review & Reward

Feedback

Reward



7. Monitoring & Assessment



10 _{YPD} - Happy Yogi

25 _{YPD} – Good Yogi

50 _{YPD} – Growing Yogi

75 _{YPD} – Excellent Yogi

100 _{YPD} –Star Yogi

- **YPP – Yoga Practice Days**
- **Timely recognize and reward**
- **increasing level of difficulty**

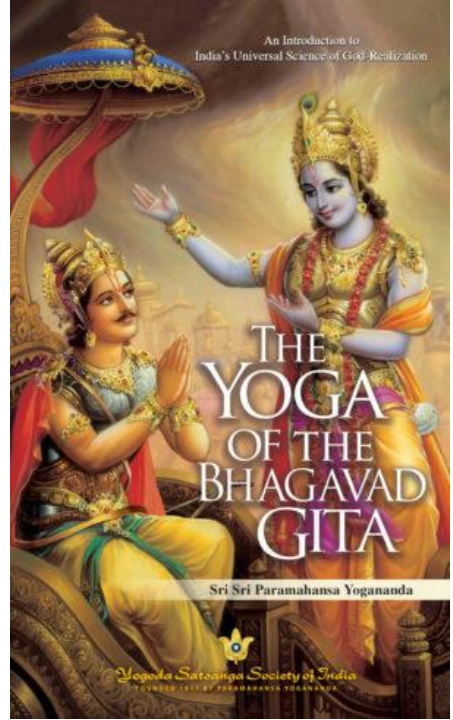
8. Chanting for Concentration

- Yoga Shlokas
Bhagavad Gita Shlokas
Patanjali Yoga Sutra



ॐ

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥



Benefits of shlokas Chanting

1. Improved concentration and Mind power
2. Enhanced Short-term memory which is very useful for exams and academic excellence
3. Spiritual Knowledge from the scriptures

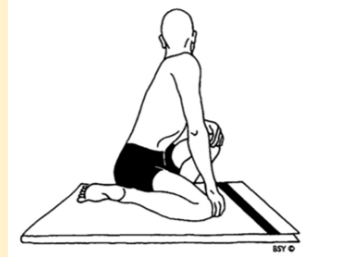
9. Special Practices



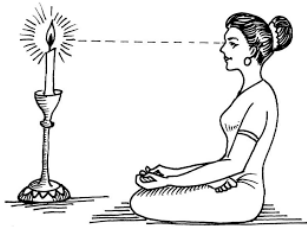
Jala Neti

- Removes Nasal Blockages
- Desensitizes nose
- Reduces sinus
- **Improves respiratory health**

- **Cleans digestive tracts**
- Improves digestion & improves immunity
- Reduces intestinal issues



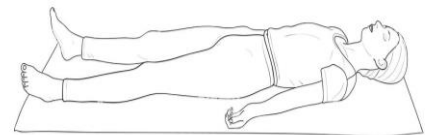
Shanka Prakshalana



Thrataka

- Removes eyes stress and disorders
- **Improves concentration & will Power**

- **Gives deeper relaxation**
- Reduces anxiety & Stress
- Improves emotions & Health



Yoga Nidra



Suryanamaskara

- **Develop physical strength**
- Quickly removes lethargy
- Improves immunity & concentration

10. Focus & Presence

- **Head Office**

- Jambusavari Dinne

- **Branches**

- VHG Kids & Teens Yoga, HSR Layout
- Akshayanagar Gurukulam Kids & Teens Yoga Club
- Brigade Gardenia , Kids & Teens Yoga club

- **Institutional Presence**

- **Preschools**

- Manthana Montessori, JP Nagar 8th Phase
- Kids 360 , JP Nagar 8th Phase
- Love of Montessori , Anjanapura
- Tiny Cubs , Kothanur
- Cradle to Star , RBI Layout

- **Single Sessions**

- Jain Toddlers , BTM
- Hive Preschool , HSR
- Giggles , Bommasandra

Contact

9019695436



Love of Montessori, Anjanapura



Kidzee, JP Nagar 8th Phase





vivo T1x
Jun 17, 2024, 18:25

Discussion



Asana



Yoga Practice

x
, 19:29



Asana



Meditation

Pictures worth thousand words

Kids Yoga - Basics Asana -1

Kids Yoga Club (5 to 18 Years old Children)
 Integrated Syllabus for Holistic Personality Development (HPD)

1. Yama Niyama – For Good Values cultivation
2. Asana – for Physical Fitness
3. Pranayama – for deep breathing and brain hemisphere balance
4. Yoga Nidra – for Relaxation and Stress reduction
5. Meditation – for Concentration & Spirituality development
6. Gita Chanting – for culture, & Memory Development
7. Home Practice worksheet for effective habit cultivation
8. Timely rewards for motivation
9. Multi format training (Games, Group / Pair / Self practice)
10. Children oriented yoga learning and personality development methods

Kids Yoga Club #10, 2nd Cross, Jambusavari Dinne Bus st (Landmark - Behind Jahnavi Clinic), Goringere, Bengaluru - 560083. 9019695436 gokidsyogaclub@gmail.com

First 10 Days Kids Yoga Challenge - Swadhyaya
 Center: _____ Class: 1 Name: Yashmithra

Practices / Days (Tick after practice at home)	1	2	3	4	5	6	7	8	9	10
1. Prayer (om, slokas)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Warm up (neck, shoulder, knees)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Asanas • Tadasana, Ardha Chakrasana • Paadahashtasana, Vrikshasana • Bhadrasana, Vajrasana, • Shashankasana • Makarasana, Bhujangasana, • Dhanurasana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4. Pranayama (Breathing) • Hissing Snake - 10 times • Brahmani chant (ma 10 times) • Shavasana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. Dhyana (Meditation) • OM Chanting - 10 Times • Meditation for 3-5 Minutes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Total Practice Duration										
Mentor / Instructors Sign										

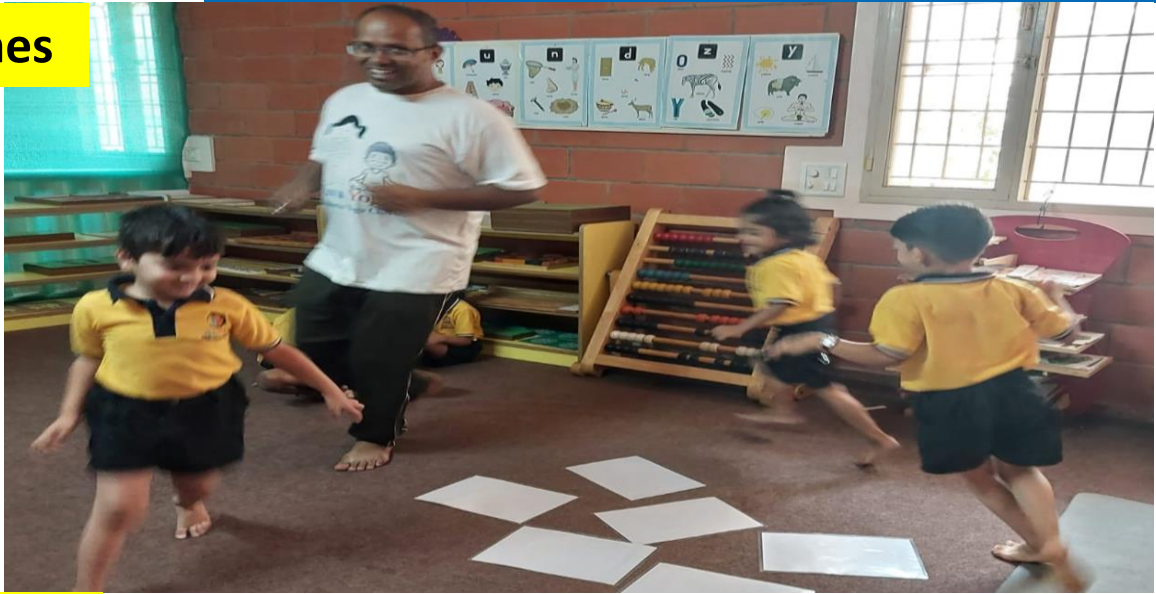
Complete 10 Days Practice, Get your First **KIDS YOGA CERTIFICATE**
 Frist 2 Sessions FREE
 Refer 1 Friend Get 2 FREE Session
 WhatsApp App: [9019695436](https://wa.me/9019695436) for FREE Sessions

Worksheet



Yoga Club Session Flow

Krida – Games



Guided Practice



Breathing Practice

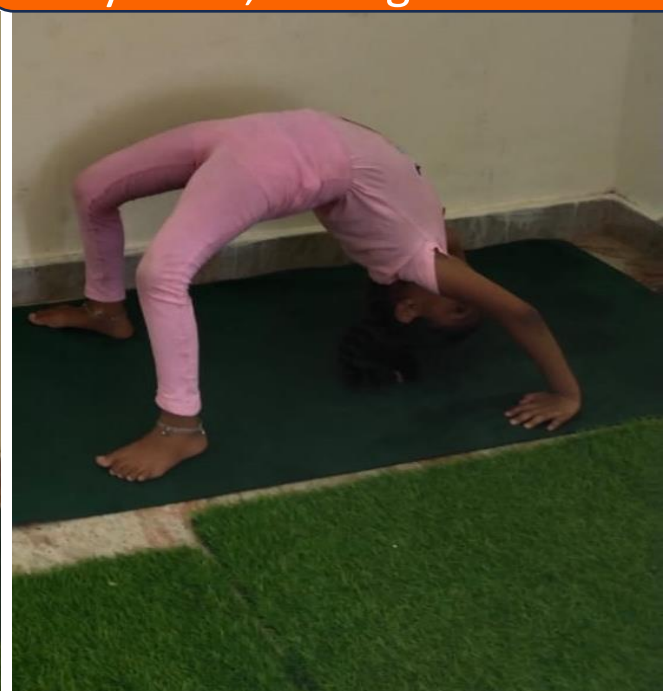


Meditation





Kids Yoga Camp
May 2024, JP Nagar 9th Phase





Kids & Teens YOGA

Bend, Breathe, Chant & Meditate



for Healthy & Holistic Lifestyle



IC Krishna

Founder, Director
Kids & Teens Yoga Club

- ❖ BE and MBA,
- ❖ Yoga Instructor – YIC-244 (SVYASA)
- ❖ L2 – Certified Yoga Instructor Ministry of AYUSH (India)
- ❖ Life Time Member, IYA (Indian Yoga Association)
- ❖ Acting President, Kids & Teens Yoga Teachers Association (All India)
- ❖ Rich experience as Software Engineer and Business Executive
- ❖ Fluent in 4 Languages
- ❖ Toastmaster with 14 years of public speaking experience

About Kids & Teens Yoga:

Understanding children are growing in a society flooded with choices and distractions leading many children towards unhealthy habits, anxiety and stress, we founded Kids & Teens Yoga clubs to help children develop a Healthy & Holistic life that is cultured and happy.

At Kids & Teens Yoga Club, we design and run yoga program that are children friendly, fun and effective for their development.



Reg. No: SVYASA/YICR/BATCH.NO244/1023/029

Swāmi Vivekānanda Yoga Anusandhāna Samsthāna

(Deemed to be University under Section 3 of the UGC Act, 1956)

NAAC Accredited A+ University

CERTIFICATE

This is to certify that

KRISHNA MURTHY ULLURAI AH

has successfully completed the requirements of the

Yoga Instructor's Course (Y.I.C)

(12 Credit Course comprising of 300 Hours of Learning)

conducted by

Swāmi Vivekānanda Yoga Anusandhāna Samsthāna (S-VYASA)

at Prashanti Kutiram, Jigani, Bengaluru

during the month **October, 2023**

31st October 2023

Issued on



Dr. Sony Kumari
Controller of Examinations



Indian Yoga Association

Certificate of Membership

This is to state that

KRISHNAMURTHY ULLURAI AH

is a Life Member of "Indian Yoga Association" with Unique Membership ID **IYA/LM/632**

The certificate is issued on **12 November 2024**

(Secretary General)
Indian Yoga Association

Call us to start a Kids & Teens Yoga Club

- **Institutions**

- Montessori's & Kindergartens
- Primary Schools
- Hostel and Boarding facilities
- Kids Activity Centers

- **Professionals**

- Yoga Teachers in Apartment
- Yoga Teachers teaching in Schools
- Parents in Large Apartments
- Yoga Centers

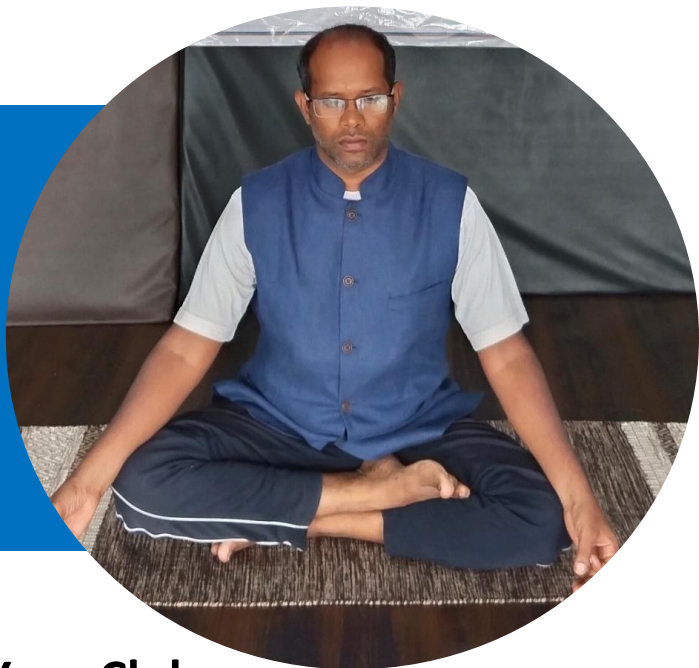
IC Krishna

B.E, MBA, SVYASA YIC-244

Msc Yoga (Pursuing, SVYASA)

Founder, Director

IYA, Life Time Member



Kids & Teens Yoga Club

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Gottigere, Bengaluru – 560083

kidsteensyogaclub@gmail.com Mob - 9019695436