



Information for Parents Yoginis Yoga Classes

At the start of every Yoginis Yoga session the children are taught the importance of kindness through using the Yoginis Yoga Promise - Kind Heart, Kind Words, Kind Thoughts. Through the promise we co-regulate with the children not only about their relationships with others but also about being kind to self. Evidence shows that when we repeatedly practice something it becomes a habit, what a wonderful habit to have.

The children are then engaged in a warm up song using actions to music and this gets the children to move their bodies and loosen themselves up, it's great for releasing tension and good fun. Using the Yoginis activity pack the children progress through a range of movements, this is where they can explore their own bodies and its limitations, at the same time rejoicing in their accomplishments, this helps them to feel confident and encourages them towards a growth mindset. Children can be at their most creative moment when moving and learning at the same time. Towards the end of the session children are encouraged to focus on a breathing exercise that they can use themselves when they need a moment to calm themselves down or to a place of safety from whatever is affecting them.

At the end of every session the children get to practice a time to be still and be quiet, this is the early steps of a mindfulness practice and helps children develop body awareness to calm down the body, mind and be in the present moment.

The supportive nature of Yoginis sessions offers the children a safe place to work individually as well as part of a group. They experience a variety of emotions and feelings that allows them to understand themselves, their likes and dislikes, what makes them react or respond this helps support their emotional, mental, physical health and wellbeing.

If you know of any schools or nurseries that would benefit by using Yoginis Yoga sessions please pass on their details to help build a future of Happy, Healthy, Content children.

Free resources on the Yoginis website for parents and carers to engage in with their children at home and the Lets go Yoginis book to develop their skills further.

Some of the benefits of Yoginis Yoga

- Improves flexibility of the spine for healthy nervous system
- Increasing heart rate, building stamina for healthy heart
- Builds muscle and strengthens bones helping to master basic movements
- Encourages good postures for good health
- Increases spatial awareness, aware of the space around them
- Gives them an understanding of body awareness which is key to brain development
- Improves focus and concentration and listening skills
- Increases confidence and creativity by adding their own ideas to the session
- Improves memory, children are able to remember postures linked to pictures
- Incorporates values such as tolerance, respect and kindness, building friendships
- Calming methods to soothe and relax the body and mind; there's a time to be quiet and still
- Brain break exercises to help anxiety and relieve stress to build confidence and resilience