

# Starting early: How kids benefit from yoga



## Improves coping skills

Practising yoga helps children build resilience in mind, body, and spirit. This in turn helps regulate their emotions, reduces stress and anxiety and helps them stay relaxed.





## Increases mindfulness

Yoga teaches children to build deeper connections with themselves and the world around them. This helps them be more present, positive, and less impulsive.



## Improves focus

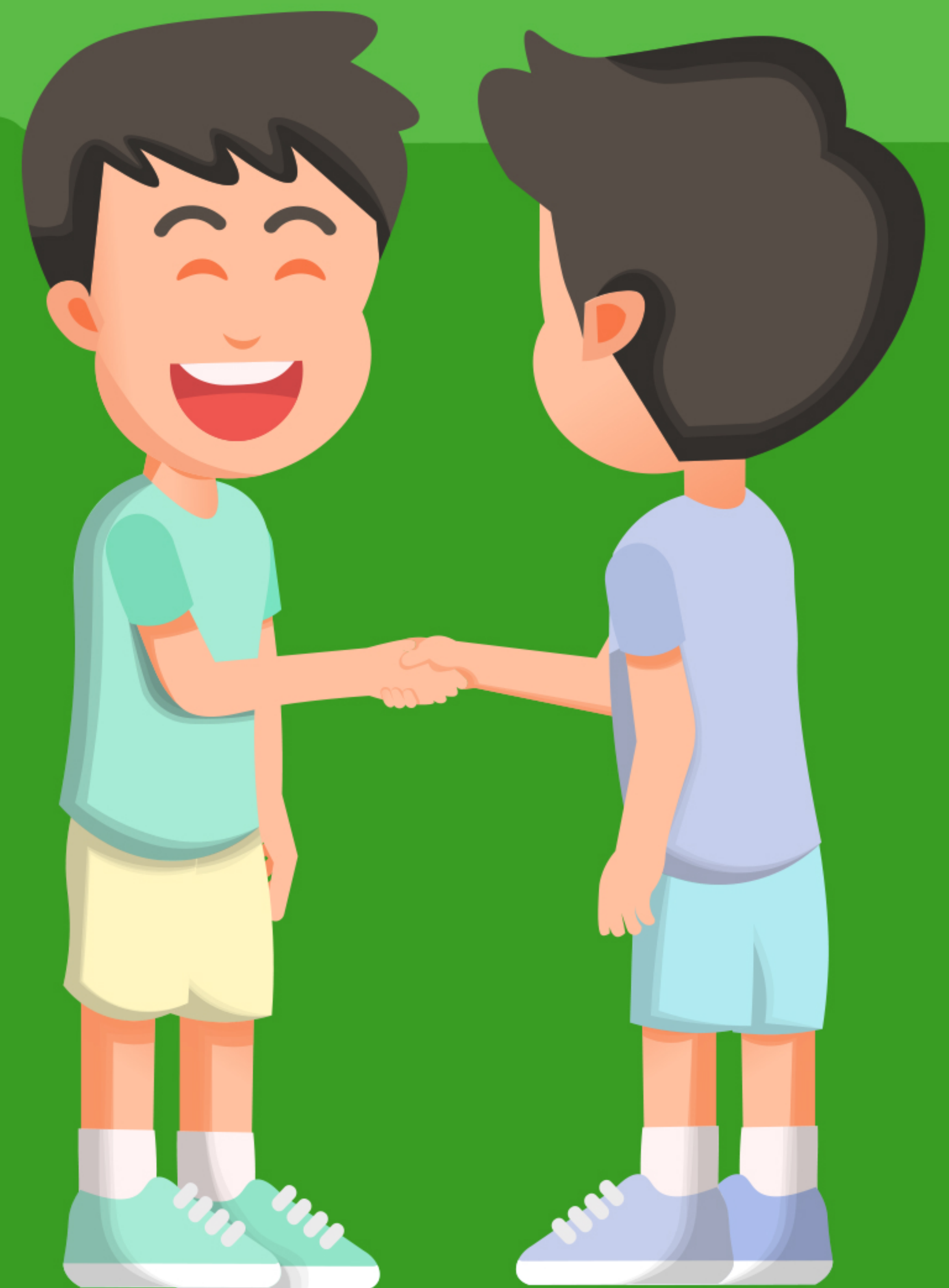
Yoga keeps children engaged, aware and focused for longer duration — thus improving their attention span and concentration.





## Boosts self-esteem

Perfecting a pose increases confidence, positive self-image and instils a sense of accomplishment and personal empowerment.



## Builds strength and flexibility

Routine practice strengthens growing muscles, improves flexibility, balance, posture, endurance and promotes healthy movement.





## Improves physical health

Yoga improves the heart and digestive health and ensures good circulation of oxygen and nutrients. It's also a natural way to boost immunity.



## Promotes sleep

Yoga enables deeper relaxation thereby promoting sound sleep. It fosters a sense of calm, which encourages good sleep patterns and restful sleep.





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