



Yoga for Reducing Anxiety In Kids

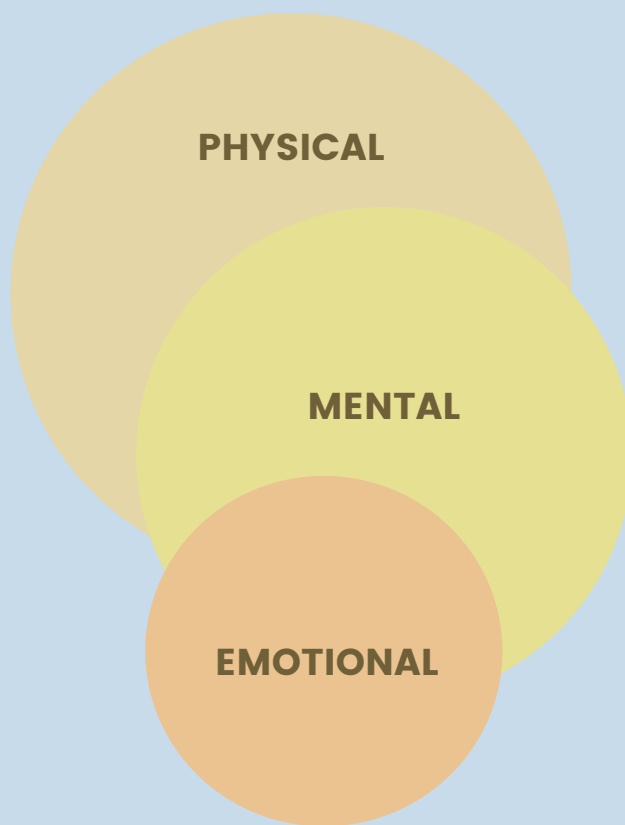
Anxiety Is Increasing amongst children all over the world.



Anxiety disorders affect 1 In 8 children. The number of children diagnosed with anxiety disorders Is increasing yearly.

How can yoga help?

Yoga can help Increase strength, resilience, friendliness, compassion, self-empowerment, and so much more!



Research shows that

10 MINUTES

of yoga every day can significantly reduce feelings of anxiety In just 8 weeks for children aged 8-10 years.

HOW DOES YOGA DECREASE ANXIETY?

Yoga regulates my breathing through discomfort!

I can Increase body awareness!

It breaks my worry cycles!

It increases my self-love and self-acceptance!



DIFFERENT YOGA TECHNIQUES FOR ANXIETY

Breathing Exercises

- inhale for 4 seconds, exhale for 6 seconds
- place one hand on belly, breathe deeply, feel it rise under your hand
- alternating nostril breathing

Calming Poses

- child's pose (no pun Intended)
- downward dog
- butterfly pose
- cat/cow alternating pose
- tree pose
- happy baby

