

# YOGA FOR KIDS!

“Yoga for Kids!” provides a playful, creative, and fun environment to learn yoga poses, breath work, and visualization to move energy through the body, as well as calming the mind.

## Why Yoga?

- Yoga provides mindfulness along with a strong and flexible body.
- Children learn physical poses and breathing techniques on the mat to counteract stress off the mat.
- Yoga provides a loving, responsive, and creative environment while encouraging focus, awareness, responsibility, imagination, and an open heart.

**SIGN UP AT  
THE REC OR ONLINE  
TODAY!**

**Instructor:** Sam Cota

**Ages:** 7-12

**Dates:** Each Wednesday February 2-March 9 (6-week session)

**This is a perfect activity for kids to attend each  
Wednesday during those early-out days!**

**Time:** 2:15-3:00pm

**Cost:** \$30

## How Yoga Can Help Children Achieve Mindfulness

“Yoga and Mindfulness” is sweeping across the Western world at mock speed. It is one of the fastest growing practices being taught in yoga studios, the workplace, hospitals, and more recently, schools. It’s not just adults that can stand to benefit from cultivating a focused awareness on the present moment. Mindfulness practices could be beneficial for children for the same reasons it helps adults, contributing to reduced stress, improved sleep quality, and heightened focus. Today, children live in a hurry-up world with school pressures, lessons, video games, and competitive sports. This can contribute to anxiety, tension headaches, and nervous stomachaches. We usually don’t think of these influences as stressful for our kids, but often they are. The bustling pace of our children’s lives can have a profound effect on their innate joy. The use of meditation may optimize the health, well-being, and happiness of children.

*Cedar Falls*  
**THE REC** CENTER

319-273-8636

