(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/sk_SK/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));

- $('#buttonOne').jFav();

Kids yoga

« back to the kindercenter´s activities



What is yoga

In general we can say that Yoga is an exercise. However, this exercise refers to much more. Yoga leads you in natural healthy way to exercise and relax. Yoga exercise improves all aspects of life at any age:

- emotional
- spiritual
-

mental

- and physical

Yoga is not just exercise, but it's a challenge and certainly a good investment for the further physical and mental development of children.

Why = reason to decide

Yoga has positive effect on:

- proper breathing, which is extremely important for life
- good body posture and movement coordination
- concentration of mind
- inter-personal discipline
- digestion, immunity and nervous system

Yoga is:

- therapy for hyperactive, autistic, mentally handicapped children
- Medicine for back ache, flat feet, stress, allergies ...
- recipe for good academic results, empathy, development of creativity ...

How

For kids, Yoga is a nice movement, which brings them distraction and games. Baby Yoga consists of

various poses (asana) that are linked to the story. We can say that Baby Yoga is exercised in playful form with respect to the child's age. Children are constantly motivated by different types of movements.

For example: three years old children can not concentrate on any long-term exercise. We will catch their instable attention with short, not demanding sets of poses. Nevertheless, children are learning to breathe properly and concentrate with every exercise. Therefore, Baby Yoga exercises are lead by our certified instructors.

Yoga courses we will **start in May 2011.** We will notify you by phone or mail a specific date for the start of the course. We will meet **1per week.** The course has **8 sessions.**

Schedules **»more** **Price list** **»more** *(is displayed only after* ***»login****)*

Open courses in these age groups of children:



- from age of 4 to 12 months (there is a necessary accompaniment of the child - if you're busy we have the **»solution**)
- from age of 1 to 2 years (there is a necessary accompaniment of the child - if you're busy we have the **»solution**)
- from age of 2 to 4 years
- from age of 4 to 6 years

Maximum capacity is **8 children** in one course .

application form

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$(function() {     $(".slideshow").jCarouselLite({ auto: 800, speed: 1000     }); });
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