

Yoga For Youth

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Introduction

Purpose: To encourage school age youth to incorporate yoga into their daily lives in hopes of increasing strength, balance, and coordination.

Elementary (PreK-5th): Emphasis is more on making it fun and keeping students attention. Postures will focus on motor development skills and spatial awareness.

Poses found on: [Namaste Kid - Yoga poses for kids](#)

Activities: [Going to the Zoo](#)

“Yogi Says” Use any moves you would like, go into child’s pose for one round if they move without hearing Yogi Says

“I was walking through the park one day”

I was walking through the park one day
I came across a dog at play
And the dog said, “ruff ruff ruff...”

I was walking through the park one day
I came across a cat at play
And the cat said, “meow meow meow...”

I was walking through the park one day
I came across a frog at play
And the frog said, “ribbit ribbit ribbit...”

Use these and any other animal pose you would like, make it your own!

Book resource used: [The ABC's of Yoga for Kids book](#)

Middle (6-8th): Focuses more on coordination/balance/strength, moves are sensitive to accommodate self-consciousness from puberty. Incorporate partner poses in order to provide a sense of security in balance poses.

Poses used today: Modified Tree Pose, Warrior 1, Warrior 2, Boat Pose

Activities: Yoga tag, Boat Pose Relay, Copy Cat

Highschool (9-12th): Strength, agility, flexibility are the key benefits for this age. A great addition to athletic training that focuses on lengthening muscles and giving better range of motion.

Poses: Tree Pose, Boat Pose, Downward Dog, Triangle Pose

[Intermediate-Advanced poses](#)