



Yo Yoga Soul

Mindfulness & yoga. A guide for parents and guardians

Introduction

Thank you for downloading this Yoga and Mindfulness guide for parents and guardians. If you have a question which isn't answered here, please call or email me.

Tristessa Moore

Tristessa Moore (Founder, Yo Yoga Soul)

WHAT ARE THE MENTAL AND PHYSICAL CHALLENGES FACING CHILDREN AND TEENS AS THEY DEVELOP?

- Growing brains are sensitive to social factors affecting development. Many problems, such as poor mental health in adulthood, can have roots in childhood experience.
- Stress and anxiety can result in a reliance on the 'fight or flight' response leaving less room for emotional and cognitive development. This affects their learning.
- Teenagers and children experience powerful hormonal and physical changes as they move into adulthood.
- Adolescents are developing their own identity and autonomy from their elders. This has its own challenges in the face of outside pressures which can affect their mental health. These include the influences of social media, the need to fit in, navigating relationships with their peers, the requirement to be successful at school, and coming into contact with bullying including on-line.

HOW CAN YOGA HELP YOUR CHILD OR TEEN?

- Mental well-being: Reduces stress and improves sleep. Researchers have found that Yoga decreases anxiety, depression, and mood imbalances more than those who did not practice Yoga. With the pressure of SATs and exams, Yoga enables the young to be more resilient through their education.
- Fitness: Improved flexibility, co-ordination, balance, and strength as your teenager's or child's body changes and grows.
- Yoga can improve postural alignment for children and teens who are often hunched over school desks, smartphones, tablets, and gaming devices.
- Academic achievement: Enhances memory, focus, understanding, and concentration. Yoga scaffolds Mindfulness (attention) and will help your child or teen to re-focus from distractions.
- Cultivates self-awareness leading to better behaviour and decision making. Mindful Yoga enhances emotional intelligence, ranked by the World Economic Forum as one of the most important skills in predicting a child's success and health in their 30s better than IQ or socio-economic status.
- Yoga in Primary Schools has more emphasis on games, stories, and play helping to develop social and co-operative skills as well as mathematical, oral, and literacy competencies.



WHAT HAPPENS IN A YOGA CLASS?

- It's more than just exercise - movement is co-ordinated with breath to increase relaxation.
- There's always a warm-up: Instruction is given on a cardio-boosting 'sun salutation.'
- Guidance is provided on specific poses to stretch and strengthen muscles.
- Breathing, Mindfulness, and relaxation techniques are taught to lessen the 'fight or flight' response.
- Equipment is provided. Your teen or child will need to wear loose comfortable sports clothing.





Yo Yoga Soul

Let Yo Yoga Soul Help

If you think yoga and mindfulness would be useful for your child, we have a letter which you can print and send to your school

www.yoyogasoul.co.uk