

## Benefits of Creative Kids Yoga™

- Yoga supports **flexibility, strength, coordination, and balance.**
- Breathing exercises help children to **relax and focus.**
- Creative movement gives children a chance to **express themselves** in a **positive, non-competitive** environment where **confidence** and **creativity** are honored.
- Yoga and movement help children feel **connected** to their bodies, often leading to a sense of **body awareness** and **self-respect.**
- Children learn about **spatial relationships** through movement games.
- We promote **cooperation** and **problem solving** through group games & challenges.
- Creative movement is a **physical activity that can be done indoors** when the weather is cold and kids get stir-crazy!
- The Braindance is a warm-up sequence that we use to support **sensory integration, spinal health, balancing of the left and right hemispheres of the brain, and horizontal eye tracking** (Braindance developed by Anne Green Gilbert).
- Most importantly, we have **FUN!**

**~ By Michelle Wilson, certified 200hr Creative Kids Yoga™ teacher**