
Wind Down in the Winter with Yoga...ahhh

Looking for relaxation, improved strength, and bonding time with your child? Try yoga! Yoga is practiced in many of the classrooms at NIS, with themes that incorporate the school curriculum.

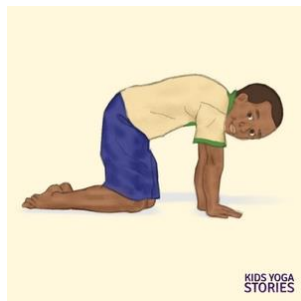
- **Self-calming** is one of the many benefits of yoga. When practiced at school, improved focus and readiness to learn is the goal. It also provides a physical outlet of energy while promoting balance, coordination, and strength.
- **Mindfulness** is a term often associated with yoga, basically meaning “to be present in the moment.” Through mindfulness, we become more aware of where we are in relation to our surroundings and allow ourselves to focus on our breath.

The following are three yoga poses to try in the morning and three before bedtime. Always work within your own limits and do not overextend yourself. If you have any medical concerns, consult your doctor before practicing yoga.

Yoga poses for self-calming and mindfulness in the morning:



Cow pose: with your hands and knees on the floor, drop your belly towards the floor and look up towards the ceiling.



Cat pose: remain with your hands and knees on the floor, and round your back towards the ceiling as you release the crown of your head towards the floor.

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Chair pose or “tractor rider” from NIS yoga: stand up tall and reach your arms forward, just in front of your ears. Sit back with a slight knee bend as if you’re sitting in an invisible chair.

Yoga poses self-calming and mindfulness before bedtime:



Legs on wall: lay on back with legs against a wall. This relieves stress and tension while allowing the mind to relax. Arms can be placed at your sides or out in a “T” away from your body.



Child’s pose or “space capsule” from NIS yoga: sit on the floor on your knees; place your forehead on the floor, and stretch arms overhead. Or, your arms can be placed down by your sides.



Belly breathing: place one hand on your chest and the other on your belly. Begin by breathing into your chest, then into your belly to make it into a balloon. Slowly release the air by exhaling from your belly, then your chest.

Refer to these resources to learn more!

[www.https://www.kidsyogastories.com](https://www.kidsyogastories.com)

“Mindfulness for children” is a free app

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The following are cards and toys to encourage play through yoga!

“Yoga Pretzel Cards” can be purchased on Amazon

“Yoga Cards” can be purchased through Fat Brain Toys

“Think Fun Yoga Spinner” can be purchased on Amazon