

Benefits of Yoga



Improves Attention and Decreases Hyperactivity

Research has shown that yoga has the ability to reduce inattention behavior through sensorimotor training. Because attention is a key component in the process of learning, yoga has the potential to facilitate the learning process. Further, such sensorimotor training has the ability to reduce behavioral problems such as hyperactivity.



Reduce Stress & Anxiety

Yoga has the ability to benefit three aspects of ourselves that are specifically affected by stress and anxiety: our body, our mind, and our breathing. Because yoga promotes relaxation, these aspects will be relieved of tension and stress. Further, the unique breathing exercises that go hand in hand with yoga can be mastered by children and used as coping mechanisms when one is experiencing increased levels of stress and anxiety.

Improve Concentration

Yoga requires focus on the mind and body simultaneously; one must focus on the movement of their body as well as their breathing. Because yoga requires utmost concentration and coordination between the mind and body, yoga will lead to an overall increase in concentration which can lead to concentration in other areas such as the academic environment



Enhance Social Relationships

Yoga has the ability to improve self-esteem, confidence, as well as empathy within children. Each of these improvements contribute greatly to social relationships, thus yoga allows children to create more positive social relationships with others. The enhancement of social relationships would be especially successful if parents and siblings participate in yoga with the child, allowing the children to share enthusiasm, learn inclusion, and more.

