Yoga Class Design Guidelines: AGE BY AGE

Infants ~Crawlers~Toddlers

* Use lively music and observe how they respond to different songs
* Movements (bicycle legs, flying bird like movements, simple poses, etc)
* For babies, always support the neck
* For crawlers, that is their yoga…pay attention and stay with their flow
* Parents and crawlers move together
* Try to imagine what it feels to be getting used to have a human body as a vehicle

Four to Eight

* Their imagination is wild
* Teach calming practices when needed
* Use a mix of songs, stories and games
* Start introducing short guided meditations or silent relaxations (find gentle music)

Nine to Thirteen:

* You become their coach and cheerleader
* You can start teaching them why yoga is a powerful toolbox for fixing challenges in everyday life (examples: breathing deeply helps before taking an exam, also…watching the breath helps regulate emotions, etc)
* You can challenge them a bit (time the poses, hold for strength…)
* Use dance movements for self-confidence
* End with guided relaxation script or silence meditation
* Ratio 10:1 (10 students to one adult)