



# THE YOGA WOMB<sup>SM</sup>

Yoga means to yoke, or unite the body, mind and breath. The Yoga Womb had the honor of being able to share a yoga practice with your children during a school assembly where they learned fun yoga poses, even some they can do in the classroom, mindfulness and a breathing technique like the bumble bee breath. Can you imagine a gym filled with softly buzzing bees? It's mesmerizing. Yoga tools can be practiced in the classroom, at home, anytime, anywhere. Yoga helps to foster healthy choices, academic and athletic success, and self-esteem while enabling us to cultivate peace and patience to manage stress. Below are some tips so you can take your yoga on and off the mat at home with your children.

- ◇ Ask your child what they did in yoga class and if they can teach you something that they learned.
- ◇ Partner Frog pose individually first. Stand with your feet parallel, hip-width apart. Lower yourself into a squat. (if necessary bring your feet farther apart or rest your heels on a rolled blanket.) Place your elbows inside your knees and press your palms together at the heart. After a few breaths, come out of the pose and try it together. Stand face to face, holding each others wrists. Take a big breath, then lower into a squat as you breathe out then you can try it back to back.
- ◇ Teach your children to trust their instinct. When your child makes an unhealthy choice, ask them how they felt in their body before making the decision. Suggest to children that when making choices, think about the different options and check in to see how your body feels with each choice. If you tune in to what you are feeling, you will know what the healthy choice is for you. This teaches children to trust their intuition and instills confidence in themselves.
- ◇ Butterfly Pose sit face to face, pressing the soles of your own feet together. Scoot your sitting bones close to your feet. Interlace your fingers and place them around your feet. Sit up tall and take 2 to 5 deep breaths together.
- ◇ Sit back to back and feel your partner's back move as they breathe naturally. Next, try to both make the in breath and the out breath the same length. Take 5 to 10 breaths together. Then try it facing each other, hand on each other's heart and looking at each other's eyes.
- ◇ Turn off the TV and tune into each other and get crafty. You see the "adult coloring books" everywhere. They are mandalas that have been around for a long time as a method of mindfulness. Grab some colored pencils and create together as you watch your connection come to life in color.



BOCES Arts-In-ED

Registered &  
Funded

For information about future presentations please call  
Heather Simonson at 631-478-7301 or  
Email: [heather@theyogawomb.com](mailto:heather@theyogawomb.com) ~ [www.theyogawomb.com](http://www.theyogawomb.com)