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TOP STORY



Kids' Yoga Offers Even Young Folks Chance To Get Centered

DIAL UP BROAD BAND

MARCH 16TH, 2004

We all know yoga has been the hottest fitness trend for adults, but now it has a new following: kids.

"Kids in one way are natural yogis because they have a natural flexibility and strength and at the same time it needs to be developed," said TriYoga founder Kali Ray.

When it comes to extracurricular activities, yoga classes are helping kids find a new center. These days more and more yoga studios are popping up for kids.

We sat in on a class taught by Ray, who founded a Yoga program that is taught at gyms throughout the country. She says learning yoga at a young age puts kids in a wonderful position – one that allows them to reach new heights.

"It will enhance their ability to learn in school because it gives them better flexibility and strength of their body and it also calms their mind and develops concentration," said Ray.

Just like with adults, yoga helps build self-esteem, especially since it's non-competitive. It also helps kids get in touch with their surroundings. Experts say kids can start learning yoga as early as 12 months.

<http://www.ny1.com/ny/> "It's relaxing, it's peaceful, it releases your stress," said one young enthusiast.

"I think kids should do yoga because since kids are so into sports it will help relax bodies and stretch them out, and it will help them be peaceful and they will be relaxed and calm," said another.

Another nice thing about yoga for kids is that the lessons learned in yoga class stretch beyond the classroom.

"The practice they learn they can take with them throughout the day," said Ray. "They always want a relaxed body, a rhythmical breath and a calm mind. They can also center themselves through hand movements."

So whether it's in class or at home, kids' yoga is just another way to help your child become well balanced.

– Jill Scott

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