

Health Benefits Of Yoga For Children



Improves overall physical fitness, including balance, strength, and aerobic capacity.



Leads to better sleep quality.



Helps alleviate chronic pain, such as muscle pain.



Decreases the release of stress hormones like cortisone, reducing stress, anxiety, and fatigue.



Improves overall quality of life by promoting emotional balance, as it is a non-competitive activity.



Improves children's behavior, focus, and academic performance.



Develops resilience, enhances mood and improves self-regulation skills.

