

RANJANA YOGA CLASS

Yoga for Children

A Beginner's Guide for Parents

Playful, age-appropriate yoga for kids, with
safety notes and simple games

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What children's yoga is

Children's yoga uses play, stories, animal poses and simple breathing games. Sessions are short and fun, not strict or competitive.

Kids move more freely than most adults, but their bodies are still growing, so avoid forcing flexibility or holding poses long. The goal is enjoyment, body awareness and calm.

The short answer

Keep sessions short and playful, use stories and animal poses, never force a stretch, and keep adults close. Check with your child's doctor if they have a health condition.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If your child has a health condition, a bone or joint problem, asthma, or an injury, check with their doctor first. Do not teach headstand or strong neck loading to children.

Stop and get medical advice if you notice:

- pain, dizziness or breathlessness;
- a child who becomes upset or distressed;
- a fall or injury.

3. Playful poses to try

Pose	The game	Notes
Cat and cow	Be a stretching cat.	Slow.
Downward dog	A dog stretching after a nap.	Bend knees.
Tree	A tree in the wind.	Use a wall.
Cobra	A snake rising.	Low and brief.
Butterfly	Flap the legs gently.	No pushing the knees.
Balloon breath	Inhale to inflate a "balloon", exhale slowly.	No breath holds.

4. A 15-minute family session

Time	Practice	Notes
2 min	Balloon breaths together	Fun.
4 min	Animal poses: cat, dog, cobra	Stories.
3 min	Tree and a balance game	Use a wall.
3 min	Butterfly, forward fold	Gentle.
3 min	Rest, listening to a story	Calm.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Balloon breath and cat poses	8 min	Is your child smiling?
2	Add animal poses	12 min	Which ones do they love?
3	Add balance games	15 min	Any frustration?
4	Make it a family habit	15 min	Let your child choose.

6. Choosing a class or teacher

Choose a teacher with child-specific training, small groups and a playful, non-competitive approach.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

7. Practising at home

At home, make it a game, keep sessions short and let your child lead. Join in yourself.

8. Honest expectations

Children's yoga can build body awareness, balance and calm for many kids. It is not a treatment for any condition. Talk to a doctor about concerns such as attention or anxiety.

9. Common mistakes and fixes

Mistake	Fix
Forcing poses	Keep it playful.
Long sessions	Short is better.
Comparing children	Every child differs.
Strong neck loads	Skip headstand.
Strict discipline	Keep it light.

10. Questions people ask

At what age can children start?

Many classes start around age 3 to 5, with play-based sessions. Ask your child's doctor if unsure.

Is yoga safe for kids?

Gentle, play-based yoga is generally safe with supervision.

Can it help focus?

Some children enjoy it, and teachers report calmer moods. It is not a treatment.

How long should a session be?

10 to 20 minutes at home.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Play-based	Teaching through games.
Balloon breath	A fun slow breathing game.
Supervision	An adult watching for safety.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Games played	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				