Mindluster Platform

About the course Yoga for kids at home

Yoga for kids, in this course kids will discover the joy of yoga through simple, fun, and engaging activities. Designed specifically for children, this program introduces basic yoga poses, playful movements, and mindfulness exercises that help build flexibility, balance, and strength. Kids will explore animal-inspired poses, creative storytelling, and breathing techniques to develop focus and relaxation. Through games, songs, and interactive routines, this course makes yoga an enjoyable adventure that nurtures both the body and mind. Whether at home or in a classroom setting, kids will gain skills to manage stress, improve posture, and promote calmness. Perfect for parents and teachers, this course encourages positive habits for a healthy, active lifestyle. Join us to learn yoga in a kid-friendly way that fosters confidence, relaxation, and physical well-being!

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **Bee Breath Bhramari Pranayama**

Lesson 2 : **Yoga PE Mind 12 Minute Yoga For Kids**

Lesson 3 : **Yoga PE Heart 10 Minute Yoga For Kids**

Lesson 4 : **Yoga PE Body 10 Minute Yoga For Kids**

Lesson 5 : **Yoga for Inner Space Travel 14 Minute Vinyasa Flow**

Lesson 6 : **Classroom Meditation For All Ages 7 Minute Guided Meditation**

Lesson 7 : **Rainbow Yoga Yoga For All Ages 17 Minute Yoga Practice**

Lesson 8 : **Yoga For Kids Play In The Park Yoga With Adriene**

Lesson 9 : **Yoga For Teens Yoga With Adriene**

Lesson 10 : **Yoga For The Classroom Yoga With Adriene**

Related courses

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Pharynx

Endocrine

General Embryology

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