

February 1, 2017

Meditation Ideas for Youth and Family

"Mindfulness provides us with skills and techniques to cultivate positive states of mind like compassion and joy. And it can provide practices to reduce stress and focus on the present moment." –Mindfulness Schools.org

-Introduction-

Carrie Foster, Kids Yoga Instructor

Glow Yoga Studio – www.glow.yoga

Vibe Yoga Lounge – www.vibeyogalounge.com

Owner- www.NamasteForKids.com

Meditation Ideas

1. Centering yourself-find a quiet, comfortable spot with no distractions.
2. Balloon Breath
3. Ocean Breath
4. Animal Breathing-ex. Bunny, lion, etc..
5. Partner Breath
6. Counting-use fingers, beads, bracelets, necklaces, etc.
7. Guided Relaxation breath
8. Alternate nose breath

Meditation Activities

ART -

1. Mandala Coloring pages
2. Mandala Art
3. Meditation bracelets, necklaces
4. Sewing, weaving, etc.

Website-The Artful Parent

MUSIC -

1. Learn an instrument
2. Color to music

Meditation Activities (continued)

NATURE -

1. Hike
2. Meditate to sounds that are around you.

READING -

1. Visualizations
2. Yoga Stories
3. Mantras and I am statements
4. Yoga for kids books

MOVEMENT -

1. Calming and restorative yoga poses
2. Partner Poses

Upcoming Events at Glow Yoga Studio

1. **Kids Yoga Series**, ages 5-10, 6 weeks, drop in available

Thursdays 4:30-5:30, 2/23-3/30

2. **Mindfulness Meditation for Kids Workshop**

3/11 11:15-12:15, ages 7-13

3. **Kids Yoga Camp**, drop in available

Ages 4-8, 7/31-8/4 2:00-4:00

Ages 9-12, 8/7-8/11 2:00-4:00

www.glow.yoga to register for these events
