

The Essential Starter Guide to

# TEACHING KIDS YOGA

BY ARUNA KATHY HUMPHRYS  
[www.YoungYogaMasters.com](http://www.YoungYogaMasters.com)

## ***What's Inside***

Introduction .....	3
Isn't Yoga Supposed to be Quiet?.....	5
Kids Yoga Animal Poses.....	8
3 Simple Health Tips for Kids Yoga Teachers .....	11
Kids and Relaxation – a Trouble Shooting Guide.....	13
Marketing Kids Yoga .....	16
Funny Kids Yoga Story .....	19
Next Steps .....	21

# Introduction



Aruna in 2003 with one of her kids' yoga classes at a yoga studio.

This report is for anyone who has a passion for yoga and kids in their life. It is much easier to teach kids when you know what to expect. At Young Yoga Masters, I've gotten emails of exasperation from adults who tried to teach children. They were unprepared and didn't know what to expect. One confessed to leaving their first class in tears. Oh wait, that was me after my first attempt at teaching kids' yoga class in 1999!

I've been there.

## The Hardest Class Is the First Class

I learned how to teach kids yoga and so can you. I was one of those adult yoga teachers who had no idea what I was getting into trying to teach kids about yoga. Unlike the adults in my classes, those kids didn't follow along quietly and happily. Instead, they did what they wanted, when they wanted, and where they wanted.

I knew if I wanted to survive as a kids' yoga teacher I would have to get training fast.

Years of experimentation and training later, I'm never afraid to teach a new kids' class because I know I can deliver a great experience for all, both the kids and me. Being able to deliver a great kids yoga class means being ready to make a living as a kids' yoga teacher.

These pages contain what I have found to be the Essential Starter Guide for Teaching Kids Yoga. I've selected the most informative articles from Young Yoga Masters to help you start teaching kids yoga.

If you've already entered your e-mail on Young Yoga Masters, you'll be receiving weekly articles about Kids Yoga with a variety of lesson plans, songs, games and resources. If you got this guide from someone else, give yourself the benefit of a community of kids' yoga teachers and sign up now at [YoungYogaMasters.com](http://YoungYogaMasters.com).

When I first started teaching kids yoga, it was hard to find help. I started writing about it on Young Yoga Masters, the first blog exclusively dedicated to kids' yoga. It's read by kids' yoga teachers from around the world! Be sure to

enter your e-mail and become a part of this kid's yoga movement.

### Discover Real Yoga, Real Fun for Real Kids

I strive to pass on real yoga concepts in kid friendly ways, making children's yoga more than just pretending to be animals. Young Yoga Masters has more than 300 articles on teaching yoga to children and you have free access to all of them.

I also invite you to consider taking the Young Yoga Masters' [Kids Yoga Teacher Training](#). Each module is uplifting with ideas that will rejuvenate your lesson plans and your spirit. They also count towards your Certificate from our Yoga Alliance Registered Children's Yoga School.

At Young Yoga Masters, you are not left on your own after the training, you're welcome to join our private Facebook Group for teachers and to become part of our [Monthly Mini-Training](#) to get new ideas and connect with other yoga teachers.

If you have any questions about Kids Yoga or are interested in booking a Young Yoga Masters training in your area, please feel free to contact me.

Once again, welcome to the wonderful world of kids yoga!

Yours truly,

*Aruna*

Young Yoga Masters  
Registered Children's Yoga School



**Aruna Kathy Humphrys**  
Young Yoga Masters

# Isn't Yoga Supposed to be Quiet?



My spirited (noisy) yoga students in a school-age class.

At one of the daycare centers where I teach, a new teacher got to experience kids' yoga for the first time.

It was her first week as a teacher at the daycare and her first time seeing kids do yoga. Plus, she does yoga herself. She was very excited and joined us in the circle with about twenty children aged eighteen months to four years.

It kind of surprised me when she exclaimed five minutes into the class "Isn't yoga supposed to be quiet?"

## Welcome to Kids Yoga!

One of the hardest things to get across in our [Teacher Training](#) with adults is what kids are actually like in a class. No matter how much I encourage and cajole the teacher trainers to pretend they are kids, they are still quite mellow compared to a real kid's class.

It can take a new teacher by surprise when they experience the actual noise level in a classroom.

## You Mean what you see in a Video is not what Really Happens?

Every kid's yoga video I've ever seen shows all the kids politely and peacefully following along, smiling away with joy. Each pose demonstrated by six or eight well chosen kids who look like they live to do yoga.

In a daycare class of twenty kids, it's very different. In our RCYS training, we don't edit the classes where you observe your trainers teaching. In one class you see a child who suddenly needs the bathroom, or children interrupting to share their ideas, one young person ends up crying in the class (they are okay in the end). It's nothing like what you see in a video on YouTube. A good training will show you how the trainers handle real situations so you can learn to teach a real class. That's something I would ask about if I was looking for a training, and the practicum classes edited.

## Spirited Expression

The way I'll describe kids' yoga is *Spirited Expression*. Kids yoga appears as bedlam, a state of wild uproar and confusion, when compared to an adult yoga class.

It's no wonder this new teacher asked the question, "Isn't yoga supposed to be quiet?"

## Do We Want Kids to Be Like Adults, or Adults to be More Like Kids?

We sometimes want kids to be more like adults, to sit quietly, not to interrupt, not to ask lots of questions, and just do as they're told! How else would we manage all these big souls in their little seats?

*As we learn in the Upanishads:  
The spark of the blaze contains all the power of  
the blaze and can create the same blaze.  
The drop of the ocean contains all  
the power of the Ocean.*

Children's spark is strong and filled with energy and light! Why would we want to be the ones to dampen it? The spark is so strong in children they don't hold back expressing how they feel.

Adults apply a filter to their thoughts in yoga classes. When we do a hard yoga pose with adults, their eyes may glare and their face may look angry in protest, they'll quietly tell you how they feel.

If those adults actually said what they were thinking out loud, you'd have a kids yoga class.

## What It's Like to Teach Yoga to Children

Here is a suggestion: take a notepad to the next adult yoga class you take. As the teacher gives each pose jot down your first thoughts, feelings, and opinions about the pose.

Then imagine a class of twenty people with at least five people saying these thoughts out loud most of the time.

Now that's what a kids yoga class sounds like!

If adults actually said  
what they were thinking out loud  
when there is a hard pose...  
You'd have a kids yoga class!

The truth is a kids yoga class is much like an adult yoga class, only for the adults the bedlam is going on inside rather than outside.

Is yoga supposed to be quiet?

Is the Ocean supposed to be calm?

So, if you're going in to teach your first kids yoga class, don't take it personally when noise erupts. It does get better, quieter, and more like yoga as both the teacher and the children become skilled. With practice, you'll be able to manage the outbursts and redirect the energy and enthusiasm.

Now that I've got experience, I make sure kids have time to express themselves and I enjoy listening to what they have to say.

Welcome to the real world of kids' yoga.

With a little help, you've got this!

# Kids Yoga Animal Poses



Camel Pose: One hump or two?

In my early training days, a student in the Young Yoga Masters kids' yoga teacher training asked me a question that every new teacher must ask when doing kids yoga:

*How do we do kids yoga animal poses?*

Yoga animal poses are part of the basic tools for teaching kids. You'll find them in many kids' yoga books. :

I have to admit I mostly use animal poses with toddlers in my training curriculum. With older children, animal poses are part of bigger themes like in the Story of the Lion Cub who Was Raised by Goats. We do lions and even a goat pose!

Young Yoga Masters training is much more than just pretending to be animals. If you want animal yoga, it's out there in books, cards, and online articles.

But you're going to need some animal poses, and you may teach them hundreds (maybe thousands) of times in your career. At the beginning I loved animal poses. Only a few years later did they start to bore me to tears. That's when I developed my own Kids Yoga Teacher Training that is still very playful and fun, includes animals, but also includes real yoga concepts too.

The training includes this article about Animal poses and you'll see that it's a natural fit because there are so many poses named after animals.

## 10 Animal Yoga Favourites

Here are my current favourite yoga animal poses:

1. **Camel Ride** - a basic warm-up, kundalini style, sit in easy pose, hold your ankles, inhale lift your spine forward and up, exhale and relax your spine back – as if you were riding on a bumpy camel. It's like cat/cow but sitting down. I find it easier for youngsters who have a hard time keeping their knees down and do cat/downward dog. It's also handy if you don't have a lot of space.



2. **Elephant taking a Shower:** stand up and make a trunk by bring your hands together. Come into a standing forward bend and dip your trunk into the imaginary watering hole in front of you, “glug, glug, glug.” Then lift your trunk up overhead and spray. Say, “I’m out of water” and repeat. Kids love to play along.
3. **Frog:** squat down like a frog and jump!
4. **Cobra Pose:** a classic pose. Snakes like to hiss, wiggle their tongues, and rattle snakes shake their tails (feet) in the air.
5. **Downward Dog:** another classic. Be prepared for noise if you suggest barking in a large group. I ask kids if they can sound like a puppy that is whining. It helps to keep the noise down.
6. **Butterfly Drinking Nectar:** seated, put your feet together (cobbler pose) and flutter your knees up and down like butterfly wings. Then fold forward to drink the nectar from a flower (your feet).
7. **Cheetah:** move quickly on all fours like a cheetah running across the land.
8. **Camel Pose:** See the picture on page 8. Camel pose is different from camel ride, but this back bend can be done with hands on your lower back, your heels, or sitting in a chair holding the seat or back of the chair.
9. **Unicorn:** Make your hands into magical horns over your head then gallop on the spot.
10. **Monkey Eating Bananas:** Squat like a monkey and say, “monkey hungry” in your best monkey voice. Then stand up and say, “Monkey climb tree. Monkey get banana.” As you reach your arms and stretch your side body as you swing through invisible trees “Here’s banana!” Then monkey climbs back down the tree, squats, peels and eats imaginary bananas. Repeat it all again till monkey is “full” and the kids are tired.

You can start an animal yoga class by saying, “Put your hand up if you like animals.” You’ll get so many hands you may have to limit comments from the kids. Some people believe yoga poses came from watching how animals stretch.

Then ask the class if they want to do some animal yoga. I've never had young kids say no, although the older kids (10 – 12 years) often lose interest. And you, as teacher, may also lose interest after a few years of doing animal yoga, without teaching all the limbs of yoga.

But with animal yoga you'll be off to the races, or should I say the Zoo, going through all the poses, plus the ones the kids make up. When I do a one time class at a special event or festival with younger children, I often choose animals as a theme and mix it in with the other real yoga concepts from my [Kids Yoga Teacher Training](#).

Now that you have animal yoga poses in your toolkit, you'll soon be ready for more.

# 3 Simple Health Tips for Kids Yoga Teachers



This health focused article has been in our *Essential Starter Guide to Teaching Kids Yoga* well before COVID. With so many things on the go running a business and teaching a lot of classes, you can get run down. My meditation teacher taught that when things get overwhelming the best thing to do is stop everything and re-connect with your heart and your health.

These wise words have guided me through some intense times but when I first heard them, I didn't believe I could stop EVERYTHING. I now believe that only by stopping can I get on the right track both physically and emotionally.

It's so important for us to take care of ourselves as teachers. If we get sick or run down, we can't do what we love to do – teach. If we don't acknowledge we're sick and keep teaching, we spread sickness around instead of happiness.

By stopping, I can reflect on my business, my health, my habits, and signs of stress like not eating well and not getting a good night's sleep.

By resting, I reconnect with these three tips from the Health and Safety Curriculum. These help us stay healthy as teachers:

## 1. Wash Your Hands Between Classes

Recently a child I teach ended up in hospital for a week with a very serious virus (this was back in the SARS epidemic). I realized that at this school I teach in all the classrooms and work with all the children. I'm a carrier!

If you teach multiple classes in a day, you need to be extra careful. Slow down so you can wash your hands after each class. At the very least use sanitizer. You'll help stop the spread of illness from one class to the next and to yourself.

## 2. Sleeve Cough/Sneeze

When I was a kid, we were taught to cover our mouth with our hand when we coughed or sneezed. That habit was so

You may have been taught to  
cover your mouth with your  
hand....

It now seems obvious how  
germ-y everything you touch  
will become if you cough  
into your hand.

deeply ingrained in me it took months to change – even though it now seems so obvious how germ-y our hands and everything we touch will become if we cough into them.

The current best practice, if you don't have a tissue, sneeze into your sleeve rather than your hand. This is common practice in most schools. Hopefully you know about this one, but I still see people covering their mouth with their hand – probably out of habit.

If I see someone coughing into their hand, I teach this new protocol by saying “sleeve cough” and demonstrating the move. Children are natural imitators so they'll pick it up without much more having to be said.

### 3. If you are Sick - It's time to Stop

Teaching yoga is important but if you are sick, it is a time to stop. If it means cancelling a class then cancel it. I know it is hard to do, especially if you are self-employed, but it is worth it. What amount of money is more important than good health?

Yoga and meditation help us become Masters of our Destiny. When we get run down, we forget the power we have to change our lives.

Stopping is an important step to realize that we don't HAVE TO do the things we are doing. We have choice and we can choose health. We can make changes to prevent us from getting run down. The only thing we *have* to do is give ourselves the freedom to live a happy and healthy life.

# Kids and Relaxation – a Trouble Shooting Guide

Here's a part of an email I received asking about the sometimes difficult part of a kids yoga class: relaxation.

Dear Aruna,

After completing my yoga therapy course, I went to teach kids yoga at my friend's daughters' kindergarten (4-5 year olds). We did a "yoga safari" letting the kids imagine what animals we ran into. It was really fantastic, they loved it! The total time was around 30 minutes.

What is the ultimate time frame for small kids verses older kids? Is 30 minutes good for 4-5 year olds? What about an hour for 7 year olds?

The relaxation part was the most difficult, I tried doing simple Yoga Nidra but it was not very successful.

Anna B., Singapore

The Ultimate Time Frame for kids yoga classes is answered [in this post here](#). But the part Anna threw in at the end about how the relaxation was the most difficult is another good question that needs answers.

Does relaxation with kids have to be hard?

## Why Won't Kids Relax?

This trouble shooting guide will help you when you're wondering why the relaxation isn't going too well and also what you can do about it:

## The Kids Are Not Tired:

Usually at the end of an active yoga class we want to relax! So, if kids aren't relaxing try adding another pose onto the end. Especially a pose that helps a person sleep and works the central nervous system – like a table top pose. After a minute of this pose the kids are usually happy to lie down.



Kids Yoga Encourages Children to Discover the Art of Relaxations

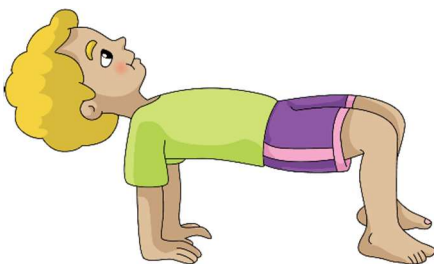


Table Top Pose is Good for Encouraging Rest

Also consider the time of day of the class. Some kids may have napped in the afternoon (sometimes a four-year-old) and are now coming to class. If the class is in the morning, they just woke up and may not be tired.

### **They don't want to relax:**

Certain kids don't like to be told what to do. In many classes when I say it's time to relax, a few kids will automatically respond with, "I'm not tired."

Often my toughest customers will start off refusing to lie down, then half way through the song they will quietly repose.

I always give a choice during relaxation. I'll play a song and invite the children to either lie down or join me in meditating to the song (we cover lots of songs in the [Kids Yoga Teacher Training](#)). If you try to tell kids what to do without giving them a choice or explaining why they would want to do it, you will run into problems.

Children don't follow along like an adult class would. If they don't want to do something they will straight out tell you – NO! So let them get to know what relaxation time is all about and then decide. I consider it my job to make relaxation so great that they want to do it. Besides how do you *make* a child relax? All you can do is invite them.

As they get to know you and trust you, you can explain the benefits like how relaxation is good for your body, rejuvenates, and feels good. But until they want to relax, I suggest letting them sit and meditate.

Often my toughest customers will start off refusing to lie down, then half way through the song they will quietly repose.

### **They're not comfortable relaxing with strangers:**

In a first class like Anna had – kids aren't sure who you are and the whole experience of yoga may be new to them. Some people won't be comfortable closing their eyes and resting with strangers (both kids and adults). They will only be comfortable resting when they feel safe.

### **They just ate a birthday cake:**

Kids eat all kinds of junk food. This food can make them very active and relaxation won't be easy for them. I've come

into classes after they celebrated a birthday with sugary cupcakes, and the kids were balls of energy. I changed my lesson plan to a more active one, as soon as I saw the crumbs on the floor.

### **They are not used to Corpse Pose:**

Many teachers insist on Corpse pose during relaxation time. Personally, I don't spend too much time getting the children into corpse pose especially with a new group of kids. I let them relax in any position. Savasana is a pose that takes time to develop like all the other poses.

When a class is more experienced, I'll introduce guided imagery relaxations. Eventually I build up to relaxation with no music, the hardest way for most kids to relax.

### **You Can't Teach Everything In One Class**

There are so many topics to introduce to kids in yoga, I know I can't teach everything in one class! Keep this in mind if you are going into a one-time class. What are the main points you really want to introduce and is it realistic for a first class.

If you tell children too much, they get overloaded and tune you out. When relaxation comes, don't spoil a peaceful mood with constant corrections and directions. If the kids are quiet and focused let them find a comfortable position and experience the joy of being.

As time goes by you can introduce more tools for deep relaxation.

# Marketing Kids Yoga:

## What's So Good about Non-Competitive Kids Activities like Yoga?

If you want to become a kids yoga teacher you'll eventually have to "sell" the benefits of kid's yoga to a school, daycare, or in a poster for your class. This article will give you a little help on how to write about the benefits of yoga for children.



These kids like both sports and meditation.

The other day I saw a kid's yoga poster touting yoga as "non-competitive" in one of the bullet points. Most people know benefits of competitive sports, but the idea of doing a non-competitive activity, like yoga, is fairly new. Do parents, educators, and coaches understand why a non-competitive activity can help today's children and today's health crisis?

### Are You Saying what you Think You're Saying?

Choose your words carefully when making a poster or writing a description of your kids' yoga classes. If you write non-competitive, it may mean a lot to you, but it may not mean anything special to your reader. If you're looking for new classes or students, it will help if you spell it out.

Non-competitive means many great things!

In your ads and conversations, give people a new understanding of what yoga for children is all about. Exercise is no longer for athletes. Exercise is something to enjoy, not something you have to do. Exercise improves health and combats stress. It's for a lifetime not a competition. Exercise can save lives – studies prove it!

Yoga is a great exercise for these criteria! Paint a clear picture of these benefits. Try some of these phrases:

### 8 Ways to Say "Non-Competitive" or Show the True Value of Kids Yoga

#### I. Yoga Kids Love!

Getting physical can be embarrassing for kids who don't have a lot of experience moving. Some kids have already



For an out of shape child,  
exercise hurts physically...  
Yoga allows kids to go at  
their own pace.

learned to feel ashamed of how they look and feel uncoordinated and shy about moving. The thought of running, kicking, or tripping on your way to take a shot discourages many kids from playing team sports. In yoga, the learning curve can be more private and personal. But kids may have an idea that yoga is what you see on Instagram. So you want to let kids know THIS yoga is going to be fun with crafts and games. They only have to do the things they want to try, and a lot of kids love this kind of yoga!

**2. Big Value: Affordable for any school/daycare/family:**

Competitive sports need equipment, referees, a team of players and another team to play against. Many sports are just plain expensive. Yoga is a great value, all you need is some open space – all the other props in yoga are really just extras. After kids take yoga, parents often witness them downward dogging or meditating on the living room floor or in their bed – that’s something you won’t find a hockey player doing.

**3. Everyone gets to play:** In competitive sports only a few people make the team and the rest are spectators. In Yoga everyone participates, everyone gets to play!

**4. The foundation for a lifetime of health:** Many kids who are athletes in school find a void once they finish school. Most eventually stop playing sports which means they stop exercising. Yoga is a lifelong practice that grows with you as you grow older.

**5. Learn to relax with yoga:** In the end, competitive sports are a win/lose proposition, that’s why we keep score and stats. One side wins and one side loses. In Yoga everyone feels like a winner after practicing.

**6. Perfect for Beginners:** For a child not used to moving, exercise hurts physically. Stretching hurts, running hurts, lifting hurts – you get the idea. Yes, yoga will also hurt for a newbie too. But yoga allows people to go at their own pace more easily than competitive sports. Five minutes on the basketball court is a horror for someone who is not used to cardio. In yoga, the individual can determine the intensity of their effort. Five minutes of yoga is different for each person because there is no group expectation. Working at your own pace makes exercise a more enjoyable experience which may keep kids exercising!

7. **Kid-Friendly tools for success:** Balance, coordination, and focus carry off the yoga mat. These skills can be derived from sports, but they are also learned in yoga. This is called physical literacy, learning something in one activity will give you a skill for other activities. In fact, many athletes use yoga and meditation to help them control stress and anxiety and to visualize success. Yoga gives you skills to use in other sports and in real life.
8. **Help children deal effectively with stress:** Life is a battlefield, as we learn in the yogic text called the Bhagavad Gita. We all need to find our inner compass, our inner Guru, to guide us through the battle. Sports build us to be tough competitors. Yoga helps us decide what team to play for.

### **Help Kids see that Exercise is not Just for Athletes**

For the first part of my life, I thought of myself as a non-athlete after I accidentally scored on my own net (In my defence, passing to the goalie IS a soccer move). I didn't return to team sports until later in university when the co-ed softball team needed females to meet the quota.

I loved playing in a friendly environment, but stopped after graduating when the team went their separate ways.

It wasn't until I discovered yoga that I found something that helped me feel healthy, happy, and centered. I found something I can do for life. I've done yoga with different intensity over the years, but yoga has always been there for me no matter where I've been.

Being able to communicate the benefits of a non-competitive activity like yoga may help other children find a healthy lifestyle too and help build your classes.

When you tell people that yoga is non-competitive, make sure you explain the benefits of this term in your advertising and conversations.

# Funny Kids Yoga Story

You've made it through the Essential Starter Guide to Teaching Kids Yoga! To finish, here's a story to remind you that above all – bring your smile when you teach. You never know what you're in for!



**Aruna teaching kids yoga to pre-school kids.**

In my very first blog article about kids yoga I asked, “*Have you ever had someone pee on your yoga mat?*”

Well, you guessed it, that question comes from personal experience. It happened with a group of toddlers I teach in a Montessori School.

For half an hour each week we have our yoga session and it includes all the aspects of yoga including asana, deep breathing, meditation, and relaxation. Of course all of it is kids-style yoga.

If you've done yoga with kids between 2 and 5 years old, you probably know, once they get comfortable with you, they do everything whole-heartedly. In this class one of the little girls, just out of diapers, was really getting into yoga. She was pretending to be animals, doing the yoga poses, and having fun with the meditations and songs.

On this day, when it came time for the relaxation, she went straight to my mat, lay down and closed her eyes.

## **Resting Like a Peaceful Little Angel**

Now usually I don't let the kids sit on my mat, mostly because then everyone wants to sit on the mat and then everyone is squished on the mat and no one is sitting on the carpet. But today all the other kids were quietly relaxing on the carpet. She was the only who went to my mat, looking like a little angel, curled up, eyes closed, all quiet and peaceful.

I admired her from my place by the lights while soft music played and stillness and contentment filled the air. I made the decision to let everything be as it was.

Then a dark circle formed on my mat by her cherub bottom. At first, I couldn't compute what was happening. Confusion

washed over the stillness as she sat up and looked up at me with big, knowing eyes and said the two simple words so common and profound to a toddler:

“I pee.”

Yes, she pee alright. There was no question about it, no shame, and no victory. It was a simple statement of “what is.” It was a perfect moment of knowing and being. A profound example of life without judgement or expectation.

### **What More Could a Yoga Teacher Desire?**

It was all these things and more! Immediately the world responded. Her teacher picked her up and carried her, at arms length, to the change table. Another teacher jumped to action spraying diluted bleach on my mat and wiping it down. Before you know it, life moved on.

This little incident was a beautiful example of yoga, union, the way it shows up when you teach children. Everything I have learned through yoga philosophy and practice helped me enjoy that moment rather than getting upset or angry.

It helped me stay detached. I felt one with everything, including a pee-soaked yoga mat.

My intention for teaching children’s yoga is to help children develop tools to succeed in life. This means contemplating what is truly important, what contentment means, and what success is all about.

Yes, there are times in life when we need to get upset to push us to right a wrong! But there are times when it doesn’t serve a purpose. Knowing that a little pee on a yoga mat doesn’t have to ruin my day, is a key to my success!

I also want to be a model of what I teach. I want to show kids how to navigate the bumps on the road and how to choose the right road for yourself.

And in case you’re wondering, I never did use that yoga mat again. Although I tried to keep a Zen attitude about it, I couldn’t look at it anymore without thinking of pee!

“Knowing that whatever  
you intend will be done  
is the secret of success.”

- Tulshi Sen,  
Ancient Secrets of Success  
for Today’s World

## Next Steps



Yoga helps us reach for our dreams!

Children need more than pretending to be animals to deal with the different obstacles they face in our demanding world. They need teachers who can pass on the profound wisdom of yoga. It is my wish that *The Essential Starter Guide to Teaching Kids Yoga* will help you on your way.

Feel free to send me any questions you may have about kids' yoga – you do not have to take this journey alone. Come and connect with others in the Young Yoga Masters community. The more we share our experiences, the more we all become better role models for children.

You are invited to check out some of these resources:

- Free [Monthly Kids Yoga Mini-Training](#)
- Free [Print and Play Kids Yoga Activity Pages](#)
- [Kids Yoga Teacher Certification](#) with our Yoga Alliance Registered Children's Yoga School

I look forward to connecting with you and helping you share your passion for yoga with the children in your life.

Thank you for supporting Young Yoga Masters.

Yours truly,

*Aruna Kathy Humphrys*

info@youngyogamasters.com

[YoungYogaMasters.com](#)