

For children... A Yoga program... Why ?

Yoga is a **soft and respectful** manner
to let the **core** of the child blossom
like a flower...

Moreover, yoga is one of the most
powerful means for strengthening
the **immune system** of you child,
thus protecting him or her
from many threats that truly exist
in our modern world
(food, chemicals, radiations,
pollutions ... to name a few...)



Yoga for children... examples of practices...



Asanas : physical postures, bring body awareness, fitness, balance, health at all levels...

Pranayamas: teach how to breath properly, enhance the energy field, mental and physical strength, balance emotions, bring calmness, sound sleep....

Yoga nidra: deep relaxation, releases tensions, stresses, pent-up emotions, hence allows full energy and creativity to blossom naturally...

Meditation: understanding how we function establishes the base of proper behaviour both at personal level and in the society... a **MUST** for all KIDS who will have to manage tomorrow's world



Yoga for children... practical information...



Where ? When ? How? ...

**In Konyaalti at Mutluluk atölyesi in
BENNA hotel – [map HERE](#)**

With **Isabelle**, experimented yoga
teacher from Bihar school of yoga, India.

Every Saturday afternoon from 4 to 5pm

Langage : **English**

Age: 9 to 14 (2 groups might be established)

Financial participation:

First class is FREE for your child to TRY ☺

Monthly card : 120 tl for four lessons

THE CHILDREN ADORE YOGA – YOGA ADORES THE CHILDREN

Yoga for children... Contacts



Isabelle

Mobile phone 0531 512 09 28

Mail: yunusemrefarm@yahoo.com

Site: [Yoga in Antalya with Isabelle](#)

Facebook :

Isabelle Janine Yogapushpa

Facebook pages:

[Yoga in Antalya with Isabelle](#)

[Yunus Emre farm](#)

