

Infant Yoga at Nära Nurseries

At our nursery, we offer Infant Yoga as one of our Nära enrichments, to support the holistic development of your child. Yoga for infants and young children offers a range of physical, mental, and emotional benefits, creating a strong foundation for lifelong health and well-being.

How We Teach Yoga at Nursery

Our team are trained to deliver yoga sessions which are specially designed for young children, focusing on age-appropriate activities that are fun, engaging, and enriching. During each session, we introduce simple poses, breathing exercises, and gentle stretches in a playful way that captures the children's imaginations. We might become different animals or pretend to be trees swaying in the wind, making yoga a fun and interactive part of their day.

Our trained educators guide children through these activities, ensuring that each child feels comfortable and supported. This approach not only helps them build physical strength and flexibility but also encourages mindfulness and emotional resilience from an early age.



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The Benefits of Yoga for Your Child

1. Builds Strength and Flexibility

Yoga promotes physical development by engaging various muscle groups and improving coordination. Whether sitting, standing, or lying down, each pose challenges the body in different ways, helping children to grow stronger and more flexible.

2. Enhances Balance and Coordination

Through balance-based poses like the tree pose, children learn perseverance and mental clarity. Practicing these movements encourages them to stay calm and focused, improving both physical and mental balance.

3. Develops Focus and Concentration

Yoga requires children to focus on maintaining poses and breathing deeply, fostering concentration. These skills translate into better attention and memory, traits that are crucial for academic success as they grow older.

4. Boosts Self-Esteem

In yoga, there is no right or wrong, allowing children to explore poses and movements without fear of judgment. This helps build confidence and self-esteem as they accomplish new skills at their own pace.



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6. Supports Overall Health

Yoga not only improves physical strength but can also support better digestion, regulate hormones, and promote healthier blood sugar and insulin levels. For children, these unexpected benefits contribute to a healthier body and mind.

Creating a Lifelong Practice

At Nära Nurseries, we believe that introducing yoga to children at a young age sets them up for continued practice as they grow. By fostering physical strength, mindfulness, and emotional resilience, we aim to provide your child with tools they can use throughout their lives.

If you have any questions or want to learn more about how yoga can benefit your child, feel free to speak to one of our team members. We look forward to seeing your child thrive through the enriching practice of yoga!

