

Yoga and Mindfulness for Children & Teens



“A little bit of meditation daily goes a long way and should be treated like a daily facial scrub but for the mind.”

Yoga, mediation and mindfulness practices can help children and teens enhance their physical and emotional well-being. Yoga postures and breathing techniques can help calm down the central nervous system, reducing the effects of being overly stimulated (or in a state of fight or flight). By being able to self-regulate themselves, children can enhance their overall temperament and improve their sleeping habits.

Children and teens can learn body awareness, co-ordination, flexibility, concentration, self-control and relaxation as well as improved energy levels and listening skills. These skills are useful in an educational environment. Yoga promotes a strong positive internal perspective. This is extremely useful for teens in helping them to develop positive self-esteem and a positive self-image as an alternative to the negative self-images which are often found in the media or bullying that they might encounter at school.



Like reducing stress, yoga and breath work has been found to be useful in reducing the affects of hormonal changes in the body.

Yoga, meditation and mindfulness practices have been scientifically proven through evidence-based research that they help to reduce stress and anxiety.

Like adults, children and teens are also feeling the effects of stress and anxiety that is commonly found in society today. They are over stimulated from technology, social media and after-school activities while experiencing pressure to excel at school or universities. Some young people are so use to being stimulated that they have lost the ability to remain in silence or without their mobiles – they are unable to just sit and be in the moment.



Furthermore, yoga can help with managing stress. For children and teens, their lives are outside their control. Parents, caregivers and teachers control their daily schedules and provide them guidance on what they are permitted to do. Although this is for their benefit, children and teens may experience anger or anxiety over it. Mindfulness practices can help teach them how to become aware of their emotions and their reactions, including how their behaviour affects others. This awareness can help improve their relationships with family and friends and how to best respond in situations and with others.



Colleen Lally provides yoga and mindfulness practices in London. If you are interested in a yoga and mindfulness for children and teens taster session, please contact her at colleen.lally@splendourwellness.com