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What is Balance

Finding Your Center: The Importance of Balance in Yoga!

DEFINITION

Balance is the ability to maintain stability while standing or moving. In yoga, it helps us stay focused and strong.

KEY CONCEPTS

Center of Gravity

This is the point where your weight is evenly distributed, helping you stay upright.

Core Strength

Strong core muscles support your balance by stabilizing your body during poses.

Focus and Concentration

Staying mentally focused helps you maintain balance and control in your movements.

Breath Control

Using your breath helps calm your mind and supports your body's balance.

Grounding

Feeling connected to the ground beneath you enhances your stability and balance.

EXAMPLES

- Tree Pose: Stand on one leg and place the other foot on your inner thigh.
- Warrior III: Lean forward on one leg while extending the other leg back.
- Chair Pose: Sit back as if in a chair while keeping your feet together.

MEMORY TIPS

- ★ Think of a tree: strong roots help it stand tall and balanced.
- ★ Use 'Breathe In, Balance Out' to remember to focus on your breath.
- ★ Visualize a tightrope walker to remember the importance of focus and stability.

COMMON MISTAKES

- ✗ Looking down instead of focusing ahead can throw off balance.
- ✗ Tensing up instead of relaxing can make it harder to stay stable.
- ✗ Not engaging core muscles can lead to wobbling or falling.

QUICK RECAP

Balance is essential in yoga for stability and focus. Remember to engage your core, breathe, and stay mentally centered to improve your balance in poses.