

ACTIVITY IDEA WITH

The apprentice yogi



This workshop aims to introduce children to yoga in a fun and adapted way, encouraging them to explore conscious movement, deep breathing and relaxation, while respecting their own pace and individual abilities.



Introduction :

Explain the goal of the workshop, which is to learn how to gently relax and stretch through different yoga positions. Emphasize the importance of deep breathing and moving at your own pace.

Discovery of Positions:

Start by introducing the basic yoga positions that Coco will teach, using the audio descriptions to guide children in learning each pose. Use illustrations or displays as visual aids.

Guided Practice:

Let children experience each position at their own pace, encouraging big, deep breaths.

Be available to help adjust their postures if necessary, always ensuring that corrections are gentle and respectful of each person's limits.

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Custom Sequence:

Encourage children to listen to their bodies and create their own yoga sequence by choosing their favorite positions or those that feel good. This allows them to learn to listen to themselves and recognize what their body needs.

Relaxation Finale :

End the workshop with a short relaxation session, guiding the children to a comfortable position (such as corpse position) and inviting them to close their eyes, focus on their breathing and relax each part of their body.

Conclusion :

Provide a time to discuss the experience, allowing children to share how they felt during the workshop, the positions they preferred, and the effects of yoga on their body and mind.