

Kids Yoga Loose

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loose for kids can dramatically improve the quality of sleep and provides deep relaxation at all levels physical, mental and emotional. It reduces stress effectively, provides deep relaxation and makes the mind strong and healthy. Based on the ancient technique of yoga nidra this is an understandable and effective way for children to relax, feel a mind body connection and release and refresh safely and gently. Its a great introduction to meditation. As the vital energy of the body stops leaking through negative emotions such as anxiety, stress and worries, these types of meditation relaxation techniques significantly improve work efficiency and enthusiasm. It helps to boost memory and improve learning abilities. It deepens concentration and retention of knowledge in students, as it makes the mind more receptive. Its practice can be very effective in stress management and helping health ailments such as migraine, digestive disorders, asthma, depression, hypertension, insomnia and bedwetting. It may also help to get rid of bad habits (e.g.; nail biting) and compulsive disorders (e.g.; checking and re-checking details) caused by stress and tension that are otherwise very difficult to work upon. Yoga loose can be done every day for 3 weeks (any time of day or at night) and then as maintenance a few times a week, and you should see the improvement in your childs health and wellbeing! Disclaimer: These meditations should not be used in place of medical advice or medication, and those suffering from any mental disorder such as bi-polar, schizophrenia or downs syndrome should seek medical advice before attempting these meditations. They should not be listened to whilst driving or operating machinery.

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