



Markham Integrative Medicine

Do not let the demands of an overly active world rob your children of their peace.

Constant stimulation without balance of quietness creates chaos.

~The Parents Tao Te Ching

Playful Yoga: The perfect activity to practice with children

A new book is available at Markham Integrative Medicine. It's called "What I See, I Can Be" and it's written by Janet Williams, a primary school teacher and yoga instructor. As a simple guide book and DVD set, this book provides a fun fitness activity that parents can do with their children without leaving the house.

Mind-body exercises teach children self-control through slow, deliberate movements that calm the psyche and challenge the body. (It does this for adults too!)

This can be especially helpful for children with hyperactivity, attention deficit, or other issues with concentration and patience. Regular yoga or tai chi practices can make a big difference in children's ability to perform tasks without getting distracted. Parents and teachers will start to notice improvements in schoolwork and classroom behaviour, but the most important benefit is the self-mastery and confidence the child gains and carries with them for the rest of their life.

For children who tend towards hyperactivity and inattention, yoga can translate into better focus and cognitive performance on academic tasks. These types of exercises teach children what it actually means to be still and focused in a non-judgemental way. When practised regularly with a good instructor or parent, the children are shown stillness - not just told, forced or distracted into stillness - and they feel what it means to have total control over their movements using their mind. What an incredible gift!

For more information on yoga resources for children, visit www.childrensyogabooks.com or pick up a copy of "What I See, I Can Be" at your next visit.

In Health,

Dr. John Gannage

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