



The Art of Cueing

Teaching Yoga

Asanas to Kids

TEACHING MOVEMENT TO CHILDREN: A
TRAUMA INFORMED ASANA LAB

WITH MAYURI GONZALEZ

5 Tips for Teaching Yoga Asanas to Children

01.

Keep your cues simple using familiar active language

02.

Build the pose from the base up pausing between instructions

03.

Explore using directional language

04.

Consider using call-and-response cues

05.

Define new anatomy or sensation vocabulary



Tip #1

Keep your cues simple using familiar active language

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When teaching yoga to children and teens, simplicity in language is key to avoiding overwhelming them with complex instructions and unfamiliar terms. Trauma-informed classes should provide clear guidelines and options that encourage students to make safe and comfortable choices. Emphasizing the key aspects of the pose and its intention helps deepen understanding and enjoyment for all involved.

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Tip #2

Build the pose from the base up, pausing between instructions

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When teaching yoga to children, it's important to build the pose step-by-step from the base up, pausing between instructions to allow them the space to execute and explore each step. This approach can help children process and understand each pose better, improving their overall practice. Remember to give them the necessary time to explore each part of the pose without feeling rushed.

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Tip #3

Explore using directional language

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To help minimize confusion and make it easier for children to follow instructions, use directional cues instead of left/right cues. Providing landmarks like the wall or windows can help spatially orient students and make it easier for them to understand which direction they should be moving. Children can better understand and follow instructions by using directional cues and providing landmarks, making it easier for them to get the most out of their practice.

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Tip #4

Consider using call-and- response cues

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Using call-and-response cues in yoga classes for children can create a more interactive and engaging learning experience. By calling out cues or instructions and having the students respond with corresponding movements or actions, memory retention is improved, and a sense of community is built in the classroom. This technique can be used for introducing new poses, transitioning between poses, or as a warm-up activity.

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Tip #5

Define new anatomy or sensation vocabulary

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When introducing new anatomy or sensation vocabulary in your yoga instructions, defining the terms before using them is essential. This helps to ensure that students understand the meaning behind the words and can more effectively apply them to their practice. It's also helpful to use relatable examples or visual aids to reinforce the definitions and make them more accessible to students of all ages and abilities.

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Course Overview

- 5 hours of self-paced content (opens 4/21)
- 6-hour interactive livestream (4/29)
- Office hours for Q&A

YOU WILL LEARN

- ✓ Physical development considerations and how to teach yoga postures safely
- ✓ How to cue for clarity, in ways that invite students to have a truly embodied experience.
- ✓ How to cultivate challenging experiences in your classes that help your students learn about patience, perseverance, and persistence.
- ✓ How to pace the movement portions of your yoga classes to work with your student's energy in the moment.
- ✓ How to offer options and variations in ways that reduce pose hierarchy and invite students to reflect on their needs, rather than push them to the seemingly most "advanced" version of a posture.



Thank You

for joining!



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