

If there is one thing I have learned from having children, it is how to feel young and old ... at the same time!

Luckily my yoga stops too much of the "old" feeling ... and here are some ways I've discovered to help kids appreciate yoga -- and help unlock more of YOUR "inner child". I don't know about you, but I wish I'd been taught yoga at school ...

How can yoga make you feel young again?

As I said, yoga can help you access your inner child more often -- but here's a way to do it AND some tips for helping the kids around you.

Oh and you don't need kids of your own to enjoy this -- cousins, nieces, nephews, your friend's children -- everyone will enjoy you sharing exactly how the camel shows its hump, or the rabbit fluffs his tail!

Plus, the next time you practice, you'll start to feel even younger if you secretly imagine your own inner child doing the poses alongside you.

Maybe you'll even start roaring like a lion in the middle of class ...

Engaging kids ... and the child within

Now let's not forget exactly how easily kids can see crazy things in life ...

Turn all of your poses into animals -- after all, most of them have English translations from the Sanskrit that are actually animals or creatures.

If the Cobra has a strong and flexible spine -- then BE the cobra in the pose.

If you are doing yoga together with kids -- tell a quick story about the Cobra -- then you can all be the Cobra together.

Look at pictures of poses together - why not use the ones on our website -- go to:

<http://www.hotyogadoctor.com/index.php/site/categories-poses/>

Have the kids try to copy them -- they love doing this! Then you get to show them how you do it -- maybe along with some "anti-aging" laughter as you both get tied up in knots!

And guess what ... kids love doing crazy things with their tummies and breathing.

Can you get them to inflate their lungs with a full abdomino-diaphragmatic breath simply by asking them to breathe in and fill up their tummies with air?

Kids too "old" to do the "fun stuff"?

Hey, that's easy ... use "older" metaphors such as Star Wars for focus ("Feel the Force Luke"); Sports stars for strength and flexibility ("Stretch and play in 'the zone' like Rafael Nadal or Maria Sharapova").

All of which helps you to access your own "youthful inspiration" of course!

Yoga as a "youthing" process ...

I've had plenty of students tell me how much younger they are feeling as a result of yoga -- sometimes after just a few Bikram classes too!

Imagine if you and I can help everyone feel that way from an early age?

Why "buy in" to a world that says we have to grow old, look old and feel old?

Not that there is anything wrong with growing old.

It's the "hardening of the attitudes" that many assume is necessary for growing old.

Let's show them that yoga is good for the attitudes AND the arteries and encourage more kids to be physically, emotionally and mentally positive.

Inspire the children around you ...

If you are looking for resources to inspire the kids around you -- whether they be yours, or those of your yoga friends, or your friends' and family's kids, here are a couple of

great ideas:

* * Yoga "Mudras" Poster * *

A really neat poster showing kids in yoga poses, with emotions described underneath each one. Inspiring.

See it at:

<http://www.bikram-yoga-noosa-australia.com/Kids-Yoga-Mudras>

* * Kids Yoga Products * *

Or how about some inspiring and motivational CDs and DVDs from the world's most well known yoga teacher, Wai Lana? She's sure to get the kids going with her infectious passion! (And interesting accent ...)

Check out her products for kids at:

<http://www.bikram-yoga-noosa-australia.com/Wai-Lana>

I hope you have great fun acting like a kid in your next class!

Namaste

Gabrielle Scanlon

PS. Of course the HotYogaMasterClass DVDs can be adapted for kids too ...

<http://www.hotyogadoctor.com/store/two-dvd-set-great-value.html>

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