



# Child wellness and yoga programme



**Yoga Samvidaa** is a lifestyle yoga and wellness brand for kids and adults. We aim to create better quality life for kids and adults alike by making yoga fun for all around the world.

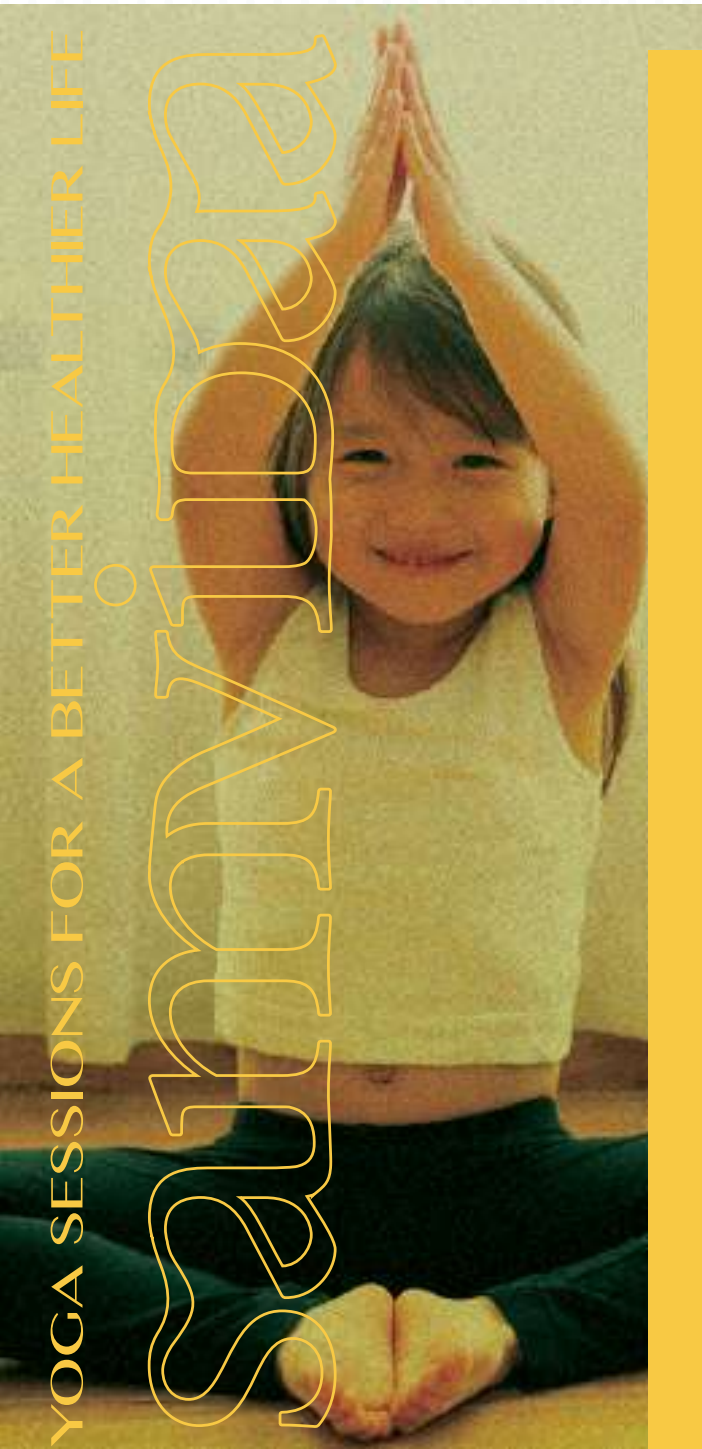
“ heyam duḥkham – anāgatam !” - YOGA SUTRA 2.16



Yoga not only prepares you for the present, but also makes you well equipped for the future. Happiness is the true state of a human. Yoga not only helps in the physical, mental, and emotional aspect of the child but also aims in making them into “Happy Humans”. The early years of life lays the foundation for the adult life. We can program the whole life by introducing the yogic education in the early years.

YOGA SESSIONS FOR A BETTER HEALTHIER LIFE

Samvidya



## Physical Benefits



Flexibility, strength and stamina



Improves sleep



Enhance the endocrine and metabolic system



Skeletal/Muscular development and improved posture

## Mental Benefits



Better discipline



Create compassionate and strong young individuals



Focus and concentration



Develop intuitive and analytical skills

# Yogic Tools

AGE 4-10 yrs



Children often struggle with patience and it can be challenging to engage them in focused and consistent yoga practice.



By incorporating tools and techniques that promote playfulness and creativity, we can create an environment that supports children in practicing yoga.



This approach helps prevent boredom and keeps children engaged in their yoga practice.



Yoga, when presented as a fun and interactive activity, can instill discipline and foster a more focused approach to life in children.



pranayama



Vinyasa (sequencing) of asanas



Pranayama



Relaxation techniques



Challenging and advanced asanas



Trataka, concentrated gazing



Vedic chants

AGE 10-18 yrs

## About the Founder and Yogi - Dr Arathi

With over a decade of experience and in-depth knowledge, **Dr Arathi L V** is a Yoga Therapist well trained in the yogic principles of Krishnamacharya. **Dr Arathi** was associated with Krishnamacharya Yoga Mandiram for almost a decade



Dr. Arathi

### Dr Arathi's qualifications :

- ☪ **PhD in Yogic Tradition of Krishnamacharya**  
(Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya)
- ☪ **Yoga Therapist Training Certification**  
(Krishnamacharya Yoga Mandiram)
- ☪ **Healing Chant Teacher Training Certificate**  
(Krishnamacharya Yoga Mandiram)
- ☪ **Post Graduate Diploma in Yoga**  
(Krishnamacharya Yoga Mandiram)
- ☪ **Masters of Science in Yoga Therapy**  
(TamilNadu Physical Education and Sports University)
- ☪ **Masters of Arts in Philosophy and Religion**  
(Madurai Kamaraj University)
- ☪ **Bachelor of Science in Nutrition and Dietetics**  
(University of Madras)





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“Yoga is a light,  
which once lit  
will never dim.”



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