



# Aarambha Yoga

Online Yoga classes for Kids



**Asana**

**Meditation**

**Pranayama**

**Shloka**

**Moral Values**

**Healthy Eating Habits**



# Aarambha Yoga

**Aarambha Yoga** is a perfect place for your child to begin his/her yoga journey. With every class designed specifically for kids, we explore **asana, pranayama, dhyana, shloka** in a simple manner. With interactive sessions, kids not only learn yoga but also learn how to apply the **principles of yoga** in their daily lives. This gives them a strong base to grow up into responsible adults and inspires them towards living a **healthy, happy and fulfilled** life following the path of yoga.





## WHAT IS THE APPROACH?

The classes will be a combination of asana, pranayama, dhyana and shloka. There will be interactive classes **3 days a week**. Kids will also be encouraged towards **self-practice** for the remaining days of the week with pictures, videos and audios necessary. This is to ensure that yoga becomes a **part of the lifestyle** and not approached as just a fitness regime.







## **OUR BATCHES**

### **MONDAY-WEDNESDAY-FRIDAY**

Morning batch : **7:30-8:30 AM IST** (Ashtanga Style)

Afternoon Batch : **3:00-4:00 PM IST** (Beginners)

Evening Batch : **4:00-5:00 PM IST** (Ashtanga Style)

### **Ashtanga Style Batch (For ages 10-15 years)**

**Ashtanga Yoga** is a **rigorous** style of yoga popularised by Guru **K Pattabhi Jois** that follows a **specific sequence** of asanas similar to Vinyasa yoga. The style is **energetic, synchronising breath** with movements, hence suitable for **older kids** and kids who have basic knowledge of yoga.

### **Beginners Batch (For ages 5-9 years)**

**Beginners Batch** is perfect for your child if he/she is completely **new to yoga**. The classes are conducted in a way to enhance the curious mind of the kids with **challenges, tests and chanting**.



## **YOUR CHILD IS PERFECT** **FOR THIS COURSE IF..**



1. your child has never practiced yoga before and you are looking to **start his/her yoga journey**.
2. your child is experiencing **restlessness and lack of focus** often and you want to improve your child's **concentration**.
3. your child has been diagnosed with **health issues** like diabetes/PCOD/PCOS/Thyroid and you want to manage his/her health issues in a **holistic way**.
4. your child has an **erratic lifestyle** and you are looking to bring **discipline** into his/her daily life.
5. you have immense respect towards **yoga** and are looking to make your child learn and explore it in a traditional manner.







## **ENERGY EXCHANGE**

Beginners Batch - **Rs.699 INR/month**

Ashtanga Batch - **Rs. 899 INR/month**

## **WHAT TO DO NEXT?**

1. Click on the link below to register.
2. You shall be receiving a mail from us confirming your registration.
3. You shall be added to our WhatsApp group.
4. You can begin attending classes from the subsequent day.

**REGISTER HERE**



## **FAQs TO GUIDE YOU**



### **1. My child has never practiced yoga before. Will he/she be able to manage?**

Absolutely. The Beginners batch is specifically targeted at beginners. So prior knowledge of yoga is not necessary.

### **2. My child does not have a flexible/strong body. Will he/she be able to do asanas?**

Your body will become flexible/strong over a period of time with regular practice. So if your body is not flexible/strong right now, it is considered normal for beginners.

### **3. My child is overweight/obese. Will he/she be able to practice asanas?**

Yes. Body weight, shape and structure does not determine the ability to practice asanas. One can practice asanas irrespective of these factors. Only the intention to practice and consistency towards practice is important.

### **4. My child does not have a yoga mat. Is it compulsory?**

Though it is recommended to use a yoga mat to avoid injury, it is not mandatory. A thick blanket/rug/carpet can be used.

### **5. How many days in a week should my child practice yoga?**

It is recommended to practice for 5-7 days a week.

### **6. I am not sure about what food is to be given to my child. Will you be guiding on the diet as well?**

Yes. Guidance will be given on healthy eating habits as per principles of Yoga and Ayurveda.



## **FAQs TO GUIDE YOU**



### **7. I want my child to lose weight. Will yoga help him/her?**

A child's body needs time to evolve. So the target should be to lead a healthy lifestyle. Yoga will help you in leading a healthy lifestyle. Weight-loss will be a by-product of healthy lifestyle.

### **8. My child is hyperactive/restless. Will yoga help him/her?**

Absolutely. Yoga will help your child to relax and channel his/her energy into productive areas. It will also help in improving focus and concentration.

### **9. For how many days should my child practice yoga?**

Yoga is a lifestyle. Once your child starts enjoying the practice of yoga, it becomes a part of his/her routine and your child can practice for the rest of his/her life.

### **10. In how many days can I see changes because of yoga?**

With regular practice, you can notice changes internally and externally within a few sessions.

### **11. How long will it take for my child to learn all the asanas?**

The ability to learn asanas depends on various factors like frequency of practice, flexibility, strength and symmetry of the body, the ability to focus and concentrate during practice etc. It is about enjoying the journey of learning and not the end result of being able to do asanas perfectly.



## **FAQs TO GUIDE YOU**



### **12. How much time gap should be maintained between meals and yoga practice?**

Ideally a gap of 1.5-2 hours should be maintained between a heavy meal and yoga practice.

### **13. Can yoga be practiced during menstrual cycle?**

Yes. Yoga can be practiced during menstrual cycle. The exceptions for this being practices where the body is in an inverted position and the practices which need abdominal strength. The body is the best indicator whether it can sustain a practice session or not. So it is best to listen to the body and decide accordingly during menstrual cycle.

### **14. Which is the best time for yoga practice- morning or evening?**

Different people have different preferences. Some people find morning practices to be refreshing as the mind is fresh after sleep. Others prefer evening practice since the body is more flexible after moving around during the day. This preference is relative and depends on person to person.

### **15. I am not a Hindu. Can my child practice yoga?**

Yoga is the union of the mind and body. Yoga is beyond the boundaries of religion. Anyone can practice yoga irrespective of what religion they follow.







## **PROTOCOLS TO BE FOLLOWED**

1. Regular attendance is compulsory. This is essential to maintain the flow of the journey. Discontinued classes, irregularities will not yield results.
2. Fees to be remitted for the month in advance. Fees should be paid within the 5th of the month
3. If your child is unable to attend any class, there will be no reduction/refund of the fees paid. There will be no compensation of the classes. (Subject to special circumstances based on mutual discussion)
4. If your child's joining date is between 1st and 15th of a month, fees for the entire month will be required to be paid. If your child is joining between the 16th and 30th/31st of the month, you will be required to pay fees for half of the month. There will be no reduction of fees or compensation of classes.
5. If the class is cancelled by the facilitator, it will be compensated accordingly with prior notice.



## **PROTOCOLS TO BE FOLLOWED** **DURING ONLINE CLASSES**



1. Login to the classes in time. Classes will start and end at the exact time. Late logins beyond 5 mins after the class has begun will not be allowed as it disturbs the flow of the class.
2. Cameras should be turned on during all the sessions. It will help in correcting the alignment and mistakes.
3. Clothes appropriate for yoga practice to be worn. Kindly maintain the decorum of the class. Kindly avoid home clothes.
4. As soon as you login, kindly mute yourself to avoid disturbance.
5. All doubts and questions can be clarified at the end of the class. Since it is an online class, pausing and conversing will cause disturbance to the others.
6. Kindly instruct the kids to follow the instructions of the facilitator. Kids might be familiar with the sequence and the asanas. But since it is a class, it is suggested to follow the instructions and practice along with the others.
7. Don't compare your kid with others. Your kid's progress is his/her own journey.
8. It is advisable to allow your child to be independent during the classes and let them follow the instructions of the teacher. Multiple instructions may confuse the child.



# KNOW YOUR INSTRUCTOR



## Madhuri Vasisht

**YIC, RYT200, RYT (Pre-natal TTC)**

Madhuri comes from a Chartered Accountancy background. In the year 2013, after a road accident, she started practicing yoga. Her recovery led her to make yoga a part of her lifestyle. After being diagnosed with PCOS (Poly-cystic Ovaries Syndrome) and a battle with depression, she cured herself with the help of yoga and self-healing.

This prompted her to spread the knowledge of Yoga and help others heal from their ailments. She got her Yoga Instructor's Certification (YIC) from S-Vyasa University, Bangalore. She completed her RYT200 and RYT Integrated Pre-natal certifications as well.

In the year 2019, she founded 'Madhuri Yoga' and connected to people from various backgrounds and led them to the path of yoga.

With her yoga sessions being simple and easy to follow, she has been able to reach out to the young and the old alike. Currently, with over 2,000 hours of yoga teaching experience, she has helped 100s of people to find peace, health and happiness through Yoga.

She believes Yoga is for all and everyone should make it a part of their lifestyle to lead a healthy, happy and fulfilled life.