

## KEY RULES

**Intro:** Yoga is a form of exercise that focuses on strength, balance, flexibility, and mindfulness. It combines breathing techniques, poses, and relaxation to improve both physical and mental wellbeing. Each session begins calmly and builds gradually through a series of poses before ending in relaxation.

**Breathing and Control:** Breathing is central to yoga practice. Participants breathe in through the nose and out through the mouth, maintaining calm, steady breaths throughout. Breathing should match movement – inhaling when stretching upwards or outwards and exhaling when bending or folding the body.

**Poses and Sequences:** Yoga poses are performed slowly and carefully to build strength and balance. Each pose, such as the Warrior, Tree, or Mountain, should be held for several breaths before gently releasing. Sequences link poses together in smooth transitions, allowing children to develop focus and flow.

**Safety and Technique:** Children should always perform yoga on a safe, flat surface using mats where possible. Movements should be steady and controlled with no jerky or rushed actions. Everyone works at their own level – yoga is non-competitive, and poses can be adapted for comfort or ability.

**Fair Play and Respect:** Yoga encourages respect for yourself and others. Everyone should listen carefully, stay quiet during relaxation, and support one another's focus. The session ends with calm breathing and a reflective moment to appreciate effort, calmness, and wellbeing.

## NATIONAL GOVERNING BODY (NGB)

**British Wheel of Yoga:** The governing body for yoga in England, supporting safe practice, education, and teacher training.

**Yoga Scotland:** Promotes yoga participation and education across Scotland.

**Yoga Wales:** Supports teachers and practitioners to deliver safe and accessible yoga across Wales.

**Yoga Alliance Professionals (Ireland):** Represents yoga development and professional standards across Northern Ireland and the Republic of Ireland.

## USEFUL LINKS

**British Wheel of Yoga:** [bwy.org.uk](http://bwy.org.uk)

**Yoga Scotland:** [yogascotland.org.uk](http://yogascotland.org.uk)

**Yoga Wales:** [yogawales.org.uk](http://yogawales.org.uk)

**Yoga Alliance Professionals (Ireland):** [yogaallianceprofessionals.org](http://yogaallianceprofessionals.org)