

Yoga in the Classroom

The National Center for Complementary and Integrative Health (NCCIH) defines yoga as *A mind-and-body practice with historical origins in ancient Indian philosophy. Like other meditative-movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.*

There is increasing evidence supporting the efficacy of yoga for kids. Research is beginning to document the positive effective yoga has for children including building resiliency skills and developing social emotional skills. Teaching children and youth how to relax, self-regulate, and communicate can promote compassion. Research has shown that yoga can be an effective method for increasing anger management skills and decreasing physical outbursts of violence. Developing these competencies can lead to improvements in student behavior, performance, and overall school climate.

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Additional Readings

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