

Kids Yoga Now and the Science of Self Discovery

Bringing yoga into schools offers many benefits

[Kids Yoga Now](#) is a yoga program for students, teachers and adults. Owner and instructor Maalaa Rosalie has been pioneering and evolving an original yoga program for students for over 30 years. The program is offered in schools across BC to teachers, support staff and counsellors who wish to integrate the many benefits of yoga into their school curriculum. [Kids Yoga Now](#) also offers weekend training workshops for teachers, who report increases in the quality of relationships and school connectedness among students and school staff after practicing yoga.

Yoga is a science of self-discovery. It opens the communication between your inner knowledge and the outer world, aligning and fine-tuning the physical, intellectual, and emotional parts of yourself in harmonious resonance. This makes it a fertile environment for self-regulation as well!

To sum it up, when you practice yoga and bring it into your classroom each day, life feels like a breath of fresh air! To learn how you can partner with Kids Yoga Now and introduce yoga into your school, please visit the Healthy Schools BC website [here](#) for more information.