

幼兒瑜伽證書課程

課程以哈達瑜伽 (Hatha Yoga) 為主要基礎，融合音樂、故事、互動式講述、藝術、運動和舞蹈等元素，深入淺出地引導幼兒們進行瑜伽動作，鍛煉大小肌肉，提高身體的協調性和平衡性。同時啟發孩子們的反思能力、促進腦部發展，激發想像力和溝通能力，提高專注力和自信心。

每堂課中，導師會教授一個「單動作」，從啟動到完成、從精準到舒緩，讓孩子們了解瑜伽動作的每個細節，掌握每個動作的難度變化，增強自信心，提高身體柔軟度和免疫力。

在每個學期結束時，孩子們會學會四組串連瑜伽動作，讓孩子們增加記憶力、集中力、肌耐力、加強心肺功能，並促進孩子們之間的互動和溝通。

Little Yogi Certification Program

This course is primarily based on Hatha Yoga and incorporates elements such as music, storytelling, interactive teaching, art, sports, and dance. It guides young children through stretching and extending yoga movements in a simple and easy-to-understand way, exercising both small and large muscles, and improving coordination and balance. It also inspires children's reflection abilities, promotes brain development, stimulates imagination and communication skills, and enhances focus and self-confidence.

In each class, the instructor teaches a yoga pose, from activation to completion, from precision to relaxation, allowing children to understand the details of the movement, grasp the difficulty changes of each movement, enhance self-confidence, and improve flexibility and immunity.

At the end of each semester, children will learn four series of yoga sequences, increasing memory, concentration, muscle endurance, improving cardiovascular fitness, and promoting interaction and communication among children.

