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## Hatha-yoga for children

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### Abstract

This article examines the impact of Hatha-yoga classes on children, their physical and mental health. The results of the introduction of Hatha Yoga for schoolchildren of 12-15 years old are also described.

**Keywords:** Yoga, hatha-yoga, children, children's health

### Introduction

Yoga is the oldest Indian teaching systematized by the sage Patanjali around the 2nd century BC. Yoga is a combination of three human principles: physical, mental and spiritual. These are not just exercises for developing flexibility, restoring health and mental balance but a deep and wise system of self-improvement which is not only physiology but also a spiritual component. Yoga, which combines physical exercise with meditation and the pursuit of psychological self-improvement, is an ancient practice. Yoga classes must be carried out in a state of mental balance, stocking up with positive energy. The importance of breathing and correct posture should also be considered.

One of the constituent parts of yoga is Hatha-yoga which is mainly aimed at developing the physical and physiological functions of the body. It consists of a series of poses called asanas, each of which must be held from several seconds to several minutes, and this can be done anywhere. Ha is the sun - a symbol of vitality, energy and vigor. Tha - moon - a symbol of peace. The combination of these words suggests that this system is based on the union of opposites that create balance and harmony.

### Benefits of Hatha-yoga

Gymnastics with elements of Hatha-yoga is available to people of any age. Unlike other dynamic physical exercises Hatha-yoga gymnastics focuses on the static maintenance of postures. Their implementation requires smooth, meaningful movements, a calm rhythm and has a moderate load on the body. Another feature of Hatha-yoga is the combination of physical exercises with relaxation and breathing exercises.

Physical exercises of Hatha-yoga allow you to make your posture beautiful, preventing curvature of the spine and strengthening the supporting muscles of the back, returning mobility to joints, improving blood circulation, increasing immunity, helping to normalize blood pressure by strengthening blood vessels, making them more elastic. And also, they help to normalize the work of internal organs, clean the body of toxins, calm the nervous system by controlling the production of stress hormones and thereby reveal the ability to master your own mind. They contribute not only to physical strengthening, rejuvenation of a person, but also to the improvement of his psyche.

Yoga exercises for children are the prevention of scoliosis, lordosis, kyphosis, osteochondrosis, asthma, and colds. They also help to strengthen the autonomic nervous system, children become calmer, more confident, more attentive, because exercises require concentration. Yoga classes are also recommended for children with Down syndrome, autism, cerebral palsy, or ADHD. An overly excitable child becomes calm, and an introverted or shy child becomes more active and confident.

### Hatha-yoga at schools

In 2018, one of the schools in Russia introduced an educational program for children called Hatha-yoga. The main goal of this program was the active involvement of students in the process of improving their own physical nature, that is, maintaining good health, emotional balance both in work and in successful studies. The age of the students was from 12 to 15 years old. This was explained by the fact that yoga is especially useful for middle-aged and older children, since it is at this age that the foundations of the physical and mental health of children are laid. It has been noticed that the children's daily routine is even more stressful than that of adults. Also, children are often sick and have poor

physical fitness. Therefore, it was decided to practice yoga in order to strengthen the body and teach children the ability to bring themselves to a calm state.

The program consisted of 70 practical and 6 theoretical sessions. The students were introduced to the safety rules and the content of the classes. In the first lessons, they were told the history of yoga, the emergence of yoga in Russia. Physical diagnostics were carried out, which included a flexibility test, a coordination test, a strength test. 8 sets of exercises were selected for the students, which they did in subsequent classes. Below is a table that lists all the exercises and postures (table 1).

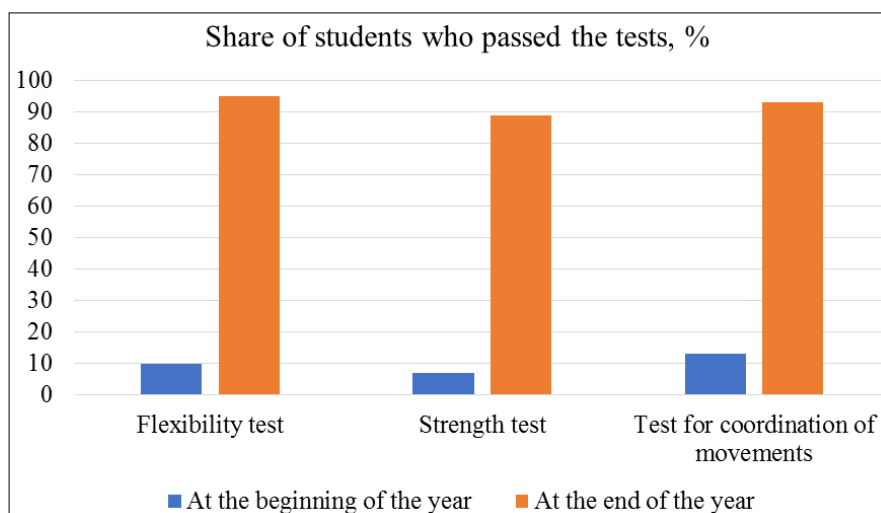
**Table 1:** Complexes of exercises and poses

<i>Set</i>	<i>Exercises</i>
"Greetings from the sun" No. 1	Begging Pose, Head to Feet Pose, Horseman Pose, Downward Dog Pose, Eight Points Pose, Snake Pose.
"General strengthening" No. 2	Tree Pose, Strength Pose, Golden Bridge Pose, Weights Pose, Triangle Pose, Warrior Pose, Hero Pose, Lying Hero Pose, Face Up Boat Pose, Boats Pose, Baby Pose, Sleeping Pose.
"The path of the warrior" No. 3	Mountain Pose, Chair Pose, Warrior-1 Pose, Warrior-2 Pose, Warrior-2 Looking Forward Pose, Warrior Welcoming the Sun Pose, Horseman pose, Downward Dog Pose.
"Stretching the whole body" No. 4	Mountain Pose, Palm Pose, Archer Pose, Hero Pose, Butterfly Pose, Suitcase Pose, Dancer Pose, Bridge Pose, West Pose, Camel Pose, Rabbit Pose, Fish Pose, Sleeping pose.
"Stress Relief" No. 5	Face Down Hero Pose, Downward Dog Pose, Big Toe Grab Pose, Bridge Pose, Bent Candle Pose, Dead Yoga Pose.
"Beautiful posture. Strengthening the back" No. 6	Fish Pose, Wheel Pose, Locust Pose, Plank Pose, Cobra Pose, Birch Pose, Right Angle Pose, Double Angle Pose, Plank Pose.
"To relieve fatigue" No. 7	Camel Pose, Triangle Pose, Side Plank Pose, Chair Pose, Crescent Pose, Bridge Pose, Locust Pose.
"Fairytale yoga" No. 8	Chair Pose, Triangle Pose, Spider Pose, Bar Pose, Rook Pose, Bridge Pose.

### Results of the research

A repeated diagnosis of the physical development of students of 12-15 years old was carried out at the end of the program. The children were once again tested for flexibility, strength, and coordination of movements. Flexibility test – leaning forward from a sitting position on the floor. The norm among girls is 15-18 cm, among boys – 8-12 cm. At the beginning of the year, among the group of program participants, 10% of the total number could pass the test. At the end of the year, 95%

of students passed the flexibility test. Strength test – flexion and extension of the arms in the lying position (push-ups). The norm among girls is 15-17 times, among boys – 20-25 times. At the beginning of the year, only 7% of children were able to do the required number of times, at the end of the year the figure increased by 82% and was equal to 89%. The last test, the test for coordination of movements, also showed positive dynamics; 93% of students were able to complete it at the end of the year (figure 1).



**Fig 1:** Test results.

In general, we can judge that children have become healthier both physically and mentally. The students have got acquainted with the capabilities of their bodies and learned how to use different muscle groups. Hatha-yoga taught adolescents how to breathe and how to relax. Yoga has brought up in children a thoughtful and respectful attitude

towards their own body and health.

### Conclusion

Thus, Hatha-yoga for children is an activity that relieves stress after mental work at school, strengthens the immune system and improves posture. Yoga helps to develop

flexibility, coordination of movements, and subsequently avoid common diseases of the spine such as scoliosis. In addition, yoga for children increases resistance to various diseases and strengthens the body. Yoga provides an opportunity for the release of natural children's activity. Yoga students are more disciplined, learn better and get tired less.

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