



## **BLOSSOM YOGA LAUNCHES FIRST EVER SYLLABUS!**

Blossom Yoga has developed a unique yoga syllabus for children which is the first of its kind ever to be launched in the UK.

The syllabus is aimed at two age groups: 3 to 7 year olds or Lil' Buds and 8 to 13 year olds or Big Buds. It incorporates five grades for each age group which are represented by the colours of the first five chakras or energy centres of the body.

For Lil' Buds each grade includes two breathing exercises or Pranayama and six yoga postures or asanas. To achieve each grade the children learn the names of each posture and perform them whilst accomplishing a minimum of three teaching points for each. For Big Buds each grade involves Pranayama, a warm up or Surya Namaskar and a variety of Warrior, Triangle, Balance, Twist, Sitting, Backbend and Inversion postures. These flow together as a dynamic sequence so that each grade can be performed by the children independently or as a group moving in unison.

All the grades have been carefully designed so that they become more challenging for the children as they move up the chakra system.

Grade One for Lil' Buds is represented by a red smiley blossom flower the colour of which is based on the root chakra. When the children accomplish this grade they are awarded a Blossom Yoga certificate and red smiley blossom flower badge to attach to their clothing. Grade Two is represented by an orange smiley blossom flower based on the colour of the sacrum chakra, Grade Three by yellow, the colour of the solar plexus chakra, Grade Four by green, the colour of the heart chakra, and Grade Five by blue, the colour of the throat chakra. The grades for the Big Buds syllabus follow a similar format but the badges are designed as a more mature, plain blossom flower.

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The Blossom Yoga syllabus is based on the Sun Power Yoga School of Yoga which is an eclectic mix of Dynamic Hatha, Sivananda and Astanga Vinyasa yoga.

It introduces children to yoga in a systematic, safe and fun way and comes at a time when yoga is gaining in popularity, especially as it is set to feature in the 2012 Olympic Games following the success of the International Yoga Championships.

**ENDS**