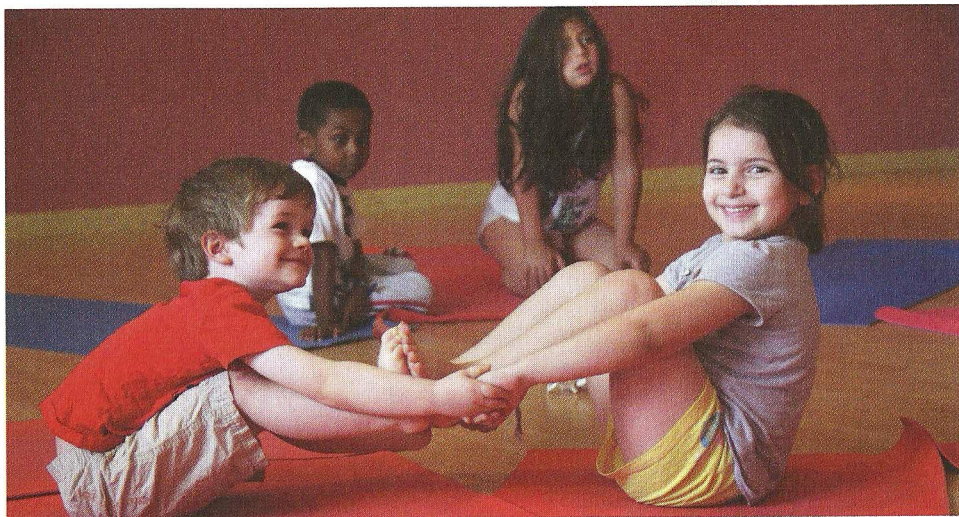


# Activities

## Kids' yoga

In search of a bit of peace, Victoria Scott and her 3 year old son try out yoga for kids at **Yama Yoga**



If you have kids, summers in Doha are far from peaceful. Any parent will tell you that a combination of long, school-free days, oppressive heat that keeps you under house arrest and the unrelenting energy of the very young does not a Zen atmosphere make.

Speaking of Zen – isn't that what yoga is all about? Just how on earth do Yama Yoga reckon they can get a bunch of 3-8 year olds to sit still long enough to practice yoga's basic teachings of meditation, breath control and tranquillity? Compelled to find out their secret, my son and I headed for Yama Yoga's main yoga studio, which is at Garvey's, just off Salwa Road. Kids' yoga is held here every Saturday morning, neatly dovetailing with the Mixed Levels adult class taking place at the same time, meaning that the kids' class

essentially functions as childcare with big benefits.

At the grand old age of 3, my son is the youngest in the class by far, so I join in, which class teacher Samia is more than happy with, and the other children find amusing in the extreme ("Look! It's a funny lady trying to touch her toes!")

We begin by sitting on a circle of yoga mats, and the kids sing a welcome song. My son looks a little nervous, but enjoys the hand actions that go with it. Samia has a chatty, fun style which engages the children. "We're going on a journey to an island," she announces. "What do we need to get there?" "A boat!" shouts the kid opposite us, and soon, we're all talking about how we can make a boat with our bodies. My son makes a little "boat" joining hands and feet with

the girl next to him, and he glows with joy.

What follows is all equally fun: lots of running, balancing on one leg (the kids find my attempts at this hilarious) making crab shapes, and swishing like fish across the floor. Finally, Samia announces a short rest, and the kids run for blankets and lie down on the mats, good as gold. I'm amazed. Then I realise why they're so keen; Samia has promised a massage to every child who lies down quietly. Clever - I might copy this at home...

*Kids' Yoga is held every Saturday morning at 9.30am at Yama Yoga's Garvey's Studio for kids aged 3-8. It costs QR45 per child, or QR35 if a parent is in the Mixed Levels class at the same time. (6617 5802) [www.yamayogastudios.com](http://www.yamayogastudios.com) or email [yamayogastudios@gmail.com](mailto:yamayogastudios@gmail.com).*