

yoga for youth

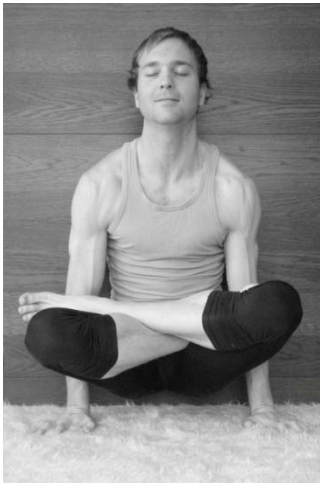
Yoga Chikitsa aims to bring yoga to high schools in the Greater Toronto Area. The goal is to introduce teens to this powerful practice that will give them tools to become successful in their endeavours.

With the external stimulation of television, the internet, advertising and marketing; youth in today's society are faced with over-active minds that often cannot be controlled. Yoga can help to bring discipline and focus to young people.

During such a crucial time in development, by clearing the mental palate, yoga can help youth retain vital life skills and information, setting a strong foundation for future success. Here are a few specific ways that yoga can assist youth in becoming more successful:

- Yoga calms the mind and enables discipline and focus, allowing for higher productivity
- It brings physical balance to the body and can help prevent injuries
- Yoga can increase mental and physical performance
- It can help youth cope with stress and emotions

Yoga has gained much popularity in recent years, and for good reason. Many famous athletes and sports teams have introduced the practice to their training regimes because of its effect on the mind, body and the overall improvement in physical and mental performance. Such sports stars include Lance Armstrong, the Vancouver Canucks, Shaquille O'Neal, the LA Dodgers, and Lebron James, to name a few.



about Vince Smit

teaching & yoga education

CanFitPro Fitness Instructor Specialist

CanFitPro Personal Trainer Specialist

Yoga Alliance Instructor

Sivananda Yoga Vedanta Centres, Teacher of Yoga

Centered Yoga Foundations Teacher Training Certification

Advanced Anatomy: Yoga and the Anatomy of Respiration

teaching experience

I have been fortunate to study with some of the world's greatest yoga teachers. Such studies have taken me to India to study at the renowned Sivananda Yoga Institute, and most recently Thailand to study Ashtanga Yoga with Paul Dallaghan of Yoga Thailand; one of the few certified teachers of Ashtanga Yoga and Pranayama. My studies have allowed me to

teach around the world, which has fuelled my passion to make the yoga practice accessible to all. I have been teaching fitness and yoga since 2006, and currently run yoga classes from my home and at the Winchester Theatre in Toronto; in addition to classes for Extreme Fitness, Wynn Fitness and Quad Spinning.

participating schools

It's important to bring yoga to youth as it is a crucial time in their development. To date, participating schools include:

- Havergal College, Toronto
- AY Jackson SS, North York

For more information and to arrange a meeting don't hesitate to get in touch.

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