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Stay Zen! Unplug Your Children

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How yoga can help children stay in control in our digital era. Many parents and teachers are at a loss faced with children consumed by virtual worlds. How can we avoid their negative effects, combat video game addiction, and surmount the torrent of online enticements? A science of awareness, yoga gives us the keys to social skills in the outside world, inspiring children to better use their digital tools: emerging from their virtual bubbles and renewing ties with friends, developing critical thinking skills when it comes to fake news and cyber-harassment, controlling their mental state for better learning.

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