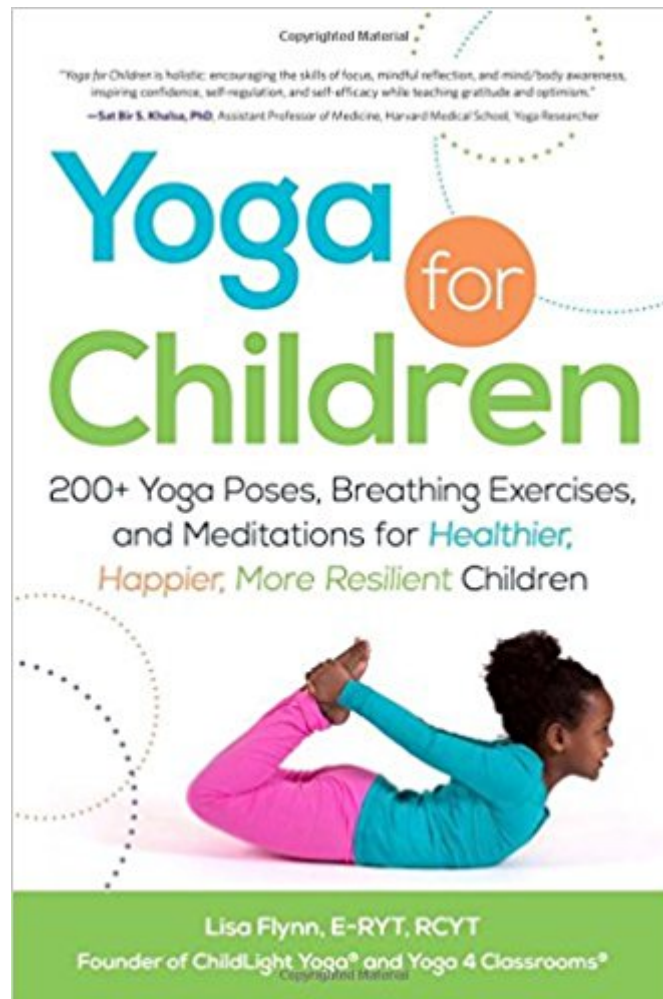


The book was found

# Yoga For Children: 200+ Yoga Poses, Breathing Exercises, And Meditations For Healthier, Happier, More Resilient Children



## Synopsis

Help your kids de-stress and get healthy! Yoga for Children will encourage your child to learn about yoga with an attentive, at-home instructor--you! Even if you are new to the practice, author, mom, and children's yoga expert Lisa Flynn will guide you and your child through more than 200 yoga poses, meditations, and activities that are suitable for children between the ages of two and twelve. Complete with full-color photographs, instructional scripts, and pose modifications, Yoga for Children will help build your child's confidence, self-awareness, and focus while strengthening your connection--one yoga session at a time.

## Book Information

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (67 customer reviews)

Best Sellers Rank: #12,057 in Books (See Top 100 in Books) #19 in Â Books > Parenting &

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#49 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

I have fallen in love with the book, Yoga for Children, by Lisa Flynn. Here's why:1. Good introductory infoThe beginning of the book outlines what yoga is and the benefits of yoga for kids. It also has developmentally appropriate activities based on age range and a list of props and toys for yoga. It provides a good foundation before moving into actually doing yoga with kids. Invaluable for a new kids yoga teacher, or a parent that wants to do yoga with their kids.2. Doesn't water down yoga for kidsIncludes core principles of yoga and how to teach them to children using yoga, storybooks, and discussion points. Not all children's yoga resources do this!3. Wonderful mindfulness and meditation ideas to do with kids.Contains many original mindfulness ideas that I've never thought of or seen elsewhere. Mindfulness is such an important aspect of yoga, and it's nice to see this section in the front of the book before the asana section.4. Tons of yoga poses, all listed in ABC order so they are easy to find.Each pose includes the benefits of the pose along with

prompts of "what to do" and "what to say" when teaching the pose. The "what to say" section truly captures the essence of kids yoga with imaginative prompts and child-friendly language.<sup>5</sup> Great pictures. Each pose has a simple and sweet photo of a child doing yoga, all in full color.<sup>6</sup> A whole section on partner poses. Kids LOVE partner poses. There are some fun ones in this book that I've never taught before.<sup>7</sup> Fun games Lots of fun games that could be used in group yoga classes or family yoga classes.<sup>8</sup>

In this gem of a book, Lisa Flynn combines her extensive expertise in kids' yoga with her firsthand experience in parenting a child with special needs. *Yoga for Children* provides a wealth of well-balanced, research-based information in an easy-to-understand format that will be a wonderful resource for any parent, teacher, or therapist who wants to help the kids in their life experience the power of yoga to promote whole child wellness! Here's what I love about the book:

- \* provides a wealth of well-balanced, research-based information in an easy-to-understand format
- \* includes tips on working with kids at particular developmental levels (2-4 yrs., 4-6 yrs., 7-10 yrs., 10-12 yrs.)
- \* includes tips on setting up a good yoga space & materials (love the idea for making a "yoga wand"!)
- \* includes info about teaching 9 "yoga principles". In the settings I work in, these are referred to as "character education". In more traditional yoga terms, they are called "yamas" & "niyamas". Essentially they are positive ways to treat yourself & others. My favorite part about this section is that Lisa made it very kid-friendly by giving simple examples of what the principle looks like & includes book suggestions for each one.
- \* includes "mindfulness" activities with benefits, "what to do" & "what to say" for each. Many also include great color photos.
- \* includes breathing activities with benefits, "what to do" & "what to say" for each. Most also include great color photos. I love that this section is divided into "energizing" & "calming" breathing activities.
- \* over 100 pages of the book are devoted to poses & partner poses. I love that they are listed alphabetically and included in the index in the back (so easy to find what you are looking for!).

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