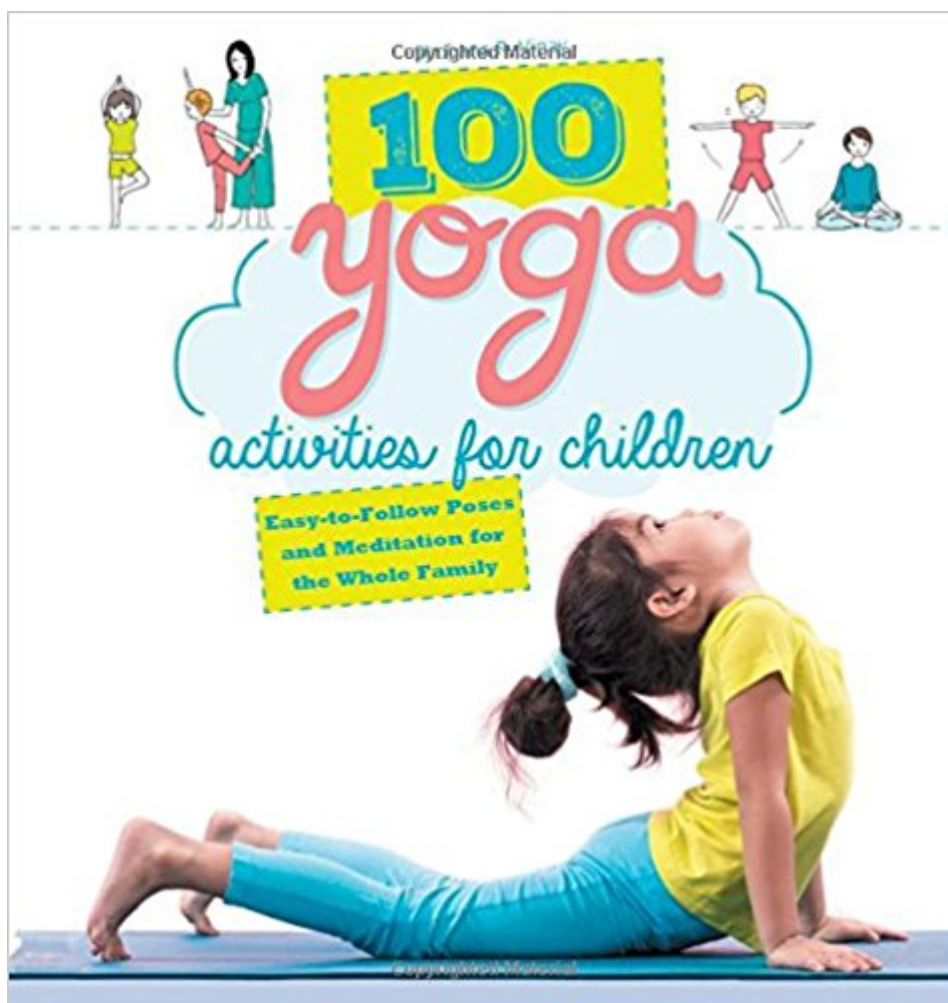




The book was found

100 Yoga Activities For Children: Easy-to-Follow Poses And Meditation For The Whole Family



Synopsis

Fun and healthy yoga exercises for kids and adults. Many children do not instinctively understand the importance of relaxation and meditation. It can be a difficult concept to grasp for someone at a young age. Yoga can be an accessible and fun way for children to learn the advantages of de-stressing and relaxing. By starting yoga early, your children will develop their natural flexibility and balance while simultaneously releasing mental and physical tension. With the fun activities featured in this book, learn one hundred ways to introduce them to this healthy exercise, which could develop into a lifelong practice. Included in this book are sections discussing: • Relaxation • Meditation • Breathing • Mudras (Sanskrit for •gesture – or •attitude –) • Standing and sitting postures • Elongated postures • Games incorporating yoga Additionally, 100 Yoga Activities for Kids features full-color illustrations and diagrams on every page to aid in the explanation and instruction of each pose. Discover the amazing benefits of these elaborate and simple postures, and explore a fun and healthy activity to share together.

Book Information

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Customer Reviews

Shobana R. Vinay has been a yoga teacher in India for over ten years. Over this time, she has perfected her methods and knowledge of yoga and meditation through skills training and study. Passionate for this exercise and willing to pass it on to the next generation, she is currently teaching yoga in several public schools. She also gives classes to children, adults, and elderly people, both

in private and within the framework of an association. Vinay lives in India.

Book reviews by Eve: 100 Yoga Activities for Children by Shobana R. Vinay This book is instantly engaging. It is neat and well organized and the color palette is muted and very pleasing yet still finds a way to pop and grab attention. The book is full of very cute cartoonish images to accompany each pose and sequence. They are easy to follow and sweet. The kids wear aqua blue or chartreuse green, so there are no pink for girls and blue for boys images; which is very refreshing! The meditation scripts are easy to follow and read aloud to your children or students so can be enjoyed by yoga teachers, families and in school.. Although there are labels “beginner”, “intermediate” and “advanced”, the book does a very good job of not seeing yoga as linear. Everyone can enjoy the pleasant flow of this book. I can’t wait to take this one to my kids yoga classes and share it with my students. I know it will be a big hit! Thank you to Skyhorse Publishing for sending me a copy of this book. All opinions are my own.

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