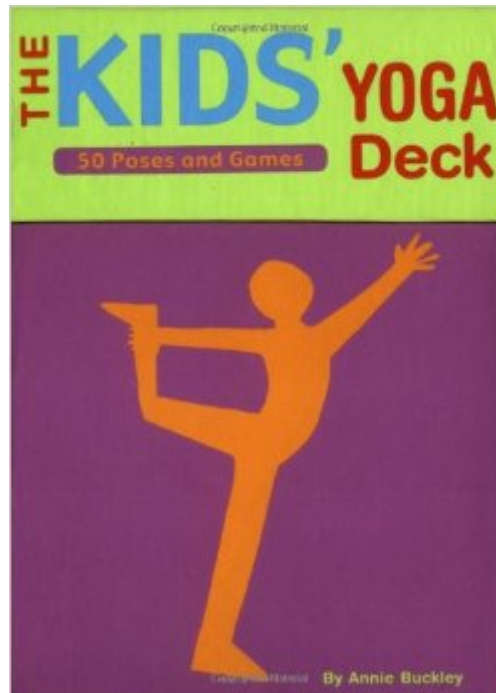


The book was found

The Kids' Yoga Deck: 50 Poses And Games



Synopsis

Yoga is fun! Get kids bending, breathing, and stretching with The Kids Yoga Deck. Playful poses such as Cat, Flower, Airplane, and Gorillaas well as partner poses that can be performed with friendsteach kids the basics of yoga. Easy enough for children to do on their own, The Kids Yoga Deck engages bodies and minds to help youngsters build strength, flexibility, balance, and mental focus.

Book Information

Misc. Supplies: 50 pages

Publisher: Chronicle Books (June 23, 2006)

Language: English

ISBN-10: 0811836983

ISBN-13: 978-0811836982

Product Dimensions: 4.1 x 1.2 x 5.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (80 customer reviews)

Best Sellers Rank: #10,203 in Books (See Top 100 in Books) #1 inÂ Books > Teens > Personal Health > Fitness & Exercise #5 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #39 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I teach yoga to people of all ages, including my son's preschool class of three year-olds. I think this set is truly wonderful. :-)| guess I'm writing in response to the oh, please review. That parent might wish to take a second look from a different perspective. I am an instructor and know the value of good instruction with a qualified teacher, but kids just naturally do yoga! Parents can use common sense to help kids practice safely at home. This deck stimulates creativity. Yoga for kids is FUN!!! So many things in life are serious enough. I am serious about my own practice, but light-hearted, too. I have Babar's Yoga for Elephants (LOVE IT!), but that is a little too "old" for my son, as yet. This deck he has been using since his third birthday. The illustrations are light-hearted and bright! The names reflect things found in nature and our world. The author named parsvottanasana "pyramid" and pascimottanasana as "river" in this deck. She uses imagery i.e., "Imagine that your legs are the sandy river bottom and your spine is the water flowing down." Pyramid works! Your legs need to be really strong and stable to hold this pose, like a pyramid. Maybe the cutesy name referred to was "upside-down gorilla." (The deck is recommended for ages 4 and up. I wouldn't use

some of the names with my adult classes, unless the intention of the class were PLAY!, maybe! but this deck is intended for children. A lot of the names match the English translation of the Sanskrit.) The author knows that kids loooooove imaginative play! She gives suggestions for encouraging kids to use their imagination within the poses to get a real feeling for the poses as they practice.

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