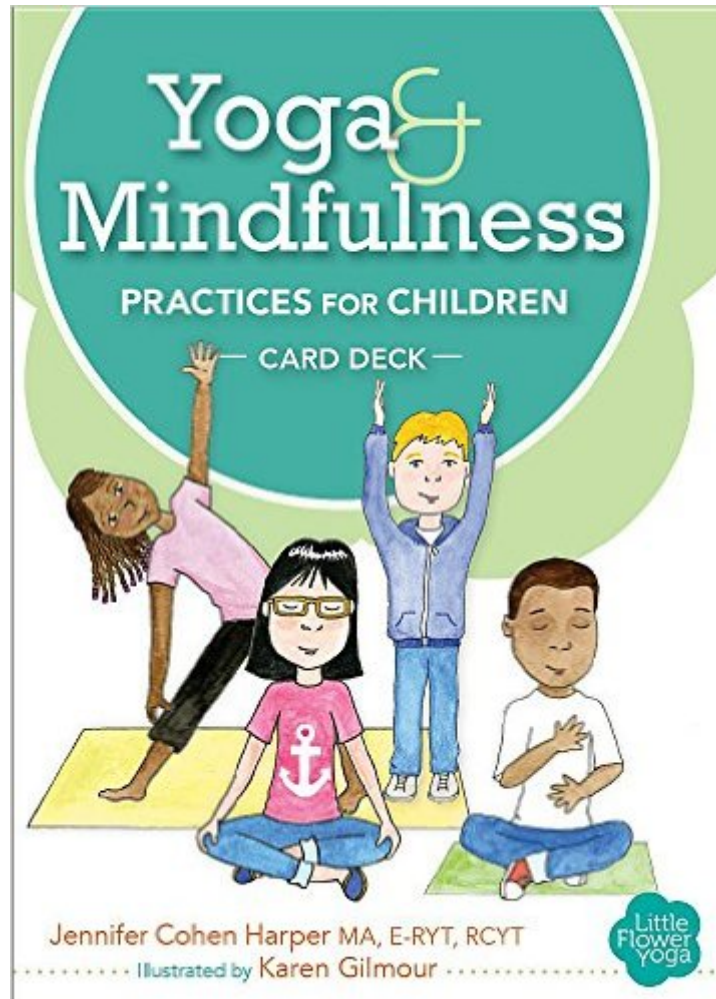


The book was found

# Yoga And Mindfulness Practices For Children Card Deck



## Synopsis

Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. Divided into five elements, Connect, Breathe, Move, Focus and Relax, this card deck is a comprehensive yet accessible tool kit for children themselves, as well as for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: - Heart and Belly Breathing - Feeling my Strength - Grounding in the Present - Managing Anxiety - Relaxing and Restoring - Engaging my Compassion - Checking In with My Feelings

## Book Information

Paperback: 58 pages

Publisher: PESI Publishing & Media; Crds edition (September 1, 2016)

Language: English

ISBN-10: 1683730186

ISBN-13: 978-1683730187

Product Dimensions: 5.1 x 0.9 x 7.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #3,975 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Children's Health](#) #13 in [Books > Medical Books > Psychology > Child Psychology](#) #18 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

These are so much more than I expected and if I could buy a box for everyone I know that works with or has children, I would! Its hard to imagine how easy they are to use and it seems like they could be really helpful to use when teaching kids yoga and mindfulness ANYWHERE-in the classroom, in the OT rooms, therapy settings, in the studio, in the library, farmers markets, parties, play dates, etc! Kids could also use by themselves just from looking at the great artwork and pictures and mimicking what the card displays. My two boys took to the cards right away and without even trying, we ended up all sitting together playing and talking about our breath and how it

can help us throughout the day! We turned it into a game of show and tell, simon says and then they played the teacher role and we put a class together and we even ended up talking about big emotions like being scared and what we could do to help ourselves when we feel we need it! (all with no iPad or screen time - YAY)! Adults from clinicians, teachers, parents, etc., can use them and share with the children in their lives but the best part is that they can be used in various ways; as an individual tool to explore one card at a time or they can be paired together to make up sequences and put classes together with the easy to use format. Also, by choosing one card from each category (a connect, breathe, move, focus and relax) you become an instant teacher and can share the gifts of yoga and mindfulness with ease and have a lot of fun. So leave these cards around!

[Download to continue reading...](#)

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga and Mindfulness Practices for Children Card Deck  
Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Growing Happy Card Deck: Positive Psychology Practices for Teens & Adults Yoga For Teens Card Deck Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) Ask And It Is Given Cards: A 60-Card Deck plus Dear Friends card Healing with the Fairies Oracle Cards: Booklet and 44-Card Deck (Large Card Decks) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based

Interventions (The Context Press Mindfulness and Acceptance Practica Series)

[Dmca](#)