



Breathe!

Tai Chi Qigong for Children

Written and Illustrated by Linda Tenenbaum

Linda Tenenbaum

Breathe: Tai Chi Qigong for Children



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An interactive children's publication illustrated with easy Tai Chi and Qigong exercises. Free Videos are available online to view.



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A must have to instruct kids about Tai Chi and Qigong I LOVE this reserve. I am so impressed with the way it is written and how it really is illustrated and it is all performed by Linda herself. But with the aide of the hyperlink, the desired motion was easy to understand and follow. Geometrically shaped heroes make it easy to concentrate on the postures shown, while radiating a fun and playful atmosphere. As an educator, I found the simple simplicity of the diagrams and instructions not only refreshing, but absolutely delightful ! I am so excited to start out my class. Recommend it. Excellent Excellent instruction for children. Five Stars Great reserve to use with children! The illustrations are bright and colorful, and kept extremely basic. So be prepared for questions in these areas. After these starting pages, the first simple exercises are introduced. I received a complimentary copy and found this thus useful that I wanted to leave my thoughts here. I will certainly be sharing this useful book with other teachers and my college students. This creates a soothing atmosphere while grabbing back on scenes kids can relate to and incorporate to their movements. There have been a couple things, for example the energy centers, which are stated but not explained to the youngsters. The book begins with a few helpful words for adults on why and how kids can be introduced to the ancient exercise for body, soul and mind. A lovey door for kids into the globe of Tai Chi Qigong Through children friendly illustrations, nature grounded descriptions and links to easy to check out video clips, this is a great way to guide children into the calming and strengthening world of Tai Chi and Qigong. I am looking to teach elementary college children and this reserve with help me with that for sure. One of the most helpful parts of this book are the links to short, video clips, where in fact the motions are performed in true to life. There have been a couple movements (specifically the drinking water waves), which didn't come across clear in the created descriptions. Associate Professor, Ryerson University, Toronto Canada Breathe: Tai Chi Qigong for Children Breathe by Linda Tenenbaum is a teaching reserve geared towards young children. I have never met Linda but am therefore glad to have found her online and her publication. Summed up, that is a nice way to introduce kids to the world of Tai Chi and Qigong. There are a couple of things which aren't always apparent, but thanks to the done well videos, kids and parents will definitely dive in without any troubles. The text is kept short and simple, perfectly for especially elementary school aged children. I love the book! " I love the publication! Beautifully written with age appropriate vocabulary and great illustrations that entertain while teaching Tai Chi Qigong ideas. I must say i think it is an excellent book and will help to make a sound contribution to the well being of our young people." Patricia Corson Ed. D. Unfortunately. It targets gentle, easy to follow tai chi as an instrument for stress reduction and dealing with angry, harm or unfortunate feelings. The pictures are clear and the tale is too. I possibly could not really help believe, reading along, that I as well could advantage immensely from its profound but soft breath and movement exercises. Not only are the movements described in ways which kids can simply imitate and do them themselves, but the gentle, calming illustrations and inspirations are taken from nature.



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