

"Yoga for Children is holistic, encouraging the skills of focus, mindful reflection, and using body awareness, improving confidence, self-regulation, and self-efficacy while teaching gratitude and optimism."

—Sat Bir S. Khalsa, PhD, Assistant Professor of Medicine, Harvard Medical School, Yoga Researcher

Yoga for Children

200+ Yoga Poses, Breathing Exercises,
and Meditations for **Healthier,**
Happier, More Resilient Children



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Founder of ChildLight Yoga® and Yoga 4 Classrooms®

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Help your children de-stress and get healthy! Even though you are not used to the practice, writer, mom, and children's yoga expert Lisa Flynn will guide you and your child through more than 200 yoga poses, meditations, and actions that are suitable for children between the ages of two and twelve. Yoga for Children will encourage your child to learn about yoga exercise with an attentive, at-home instructor--you! Filled with full-color photos, instructional scripts, and pose adjustments, Yoga for Children can help build your child's confidence, self-awareness, and focus while strengthening your connection--one yoga session at a time.



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A gem of a book that's well-balanced & However, not just the poses, additionally, there are sections on yoga exercise ethics, breathing exercises, group poses, sequencing, meditation,. A "will need to have" for anyone attempting to do yoga with kids. In this gem of a book, Lisa Flynn combines her extensive expertise in kids' yoga with her firsthand encounter in parenting a kid with special needs. Yoga exercises for Children provides a prosperity of well-balanced, research-based information within 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 go through the power of yoga to promote whole child wellness! Here's what I love about the book: * provides a prosperity of well-balanced, research-based information within an easy-to-understand format * contains tips on dealing with kids at particular developmental amounts (2-4 yrs. Invaluable Publication!, 7-10 yrs. It is filled with practical ideas to make yoga fun for children, with helpful photos for each pose.) * includes tips about setting up an excellent yoga space & components (love the idea for making a "yoga exercise wand"!)* includes information on teaching 9 "yoga principles". In the configurations I work in, these are referred to as "personality education".. "nyamas". Essentially they are positive ways to deal with yourself & others. I am really grateful she wrote it since it fulfilled a essential niche in my library and in the region of Children's yoga exercises. includes book suggestions for each one. Many go along with the I Grow With Yoga exercise Music CD. Contains benefits, "what to do" & The pictures are of kids in the pose and the description of the pose can be concise and apparent. * includes breathing actions with benefits, "what to do" & "what things to say" for each. Many include suggested adjustments or variants for the pose.. She's attended great effort to include evidence-based info in this publication and has even more research on her Yoga 4 Classrooms website. * over 100 pages of the book are devoted to poses & Directions are obvious and thorough. I really like that they are shown alphabetically and contained in the index in the back (so easy to find everything you are looking for!). "what to say" for every. As a mom of a six yr old, I have seen the incredibly positive outcomes to do yoga with my child. Wonderful book! Most likewise incorporate great color photos. Some information about contraindications for particular poses is roofed. * includes 24 yoga video games with benefits, "how to proceed" & "what things to say" for every. Four include a color photo . Therefore many fun new ideas to try! * includes 16 song & chant actions. * includes "mindfulness" actions with benefits, "how to proceed" & * includes tips and 7 transitioning into relaxation activities, 7 relaxation actions & I can't wait to try out "yoga wand" "ocean scarf" "gratitude rock" & There is even a "What to State" section for proper languaging (this is key when teaching). Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 Speech-Vocabulary Pathologist Founder of OMazing Children, LLC - inclusive wellness actions for kids of most abilities Facebook: OMazingKidsYoga Total guide, a bible, for practicing yoga with children 2 to 13 years old. 9 guided visualizations (like, Love, LOVE the easy rhymes & more!)* includes tips for putting it all together into yoga circulation sequences (love that the pics are included on these webpages instead of just referencing where the poses had been found earlier in the book.. make use of! I also love that Lisa includes information on "setting an intention" for a course & using themes)* while this is simply not a book particularly about yoga for kids with special needs, the details Lisa included about the "benefits" of each activity will make it easy for any parent, teacher or therapist to discover those that will best suit a particular child's special needs. I expect it will last a considerably long time.. "calming" inhaling and exhaling actions. It helps to have these scripts as inspiration to after that personalize these encounters to meet your own children needs. the perfect color photo for each pose., 10-12 yrs. research-based! I love that this section is divided into "energizing" & all giving practical suggestions for practicing yoga

exercises with kids. It's a smooth bottom but isn't a rectangle. I took yoga teacher training this year and among my first opportunities was to instruct a class of grade 6 & From tips on activities to comprehensive methods to explain the yoga exercise tradition and it's benefits to parents and companies who might not be yoga savvy Ideal for family and educational use This book is so simple to use. The high grade was an eyes opener for me, I was struggling to maintain them focused, therefore i looked around the internet and found some ideas and in addition bought this book.. I love the suggestions for enjoying poses, for example 'surfs up': lying on your own 'surf board' then jumping up into warrior 2 pose to 'ride the wave'. Then there is the art of creating tales to sequence poses jointly; child friendly variations of inhaling and exhaling exercises, the yogic ethic principles, that i make use of as basis for a 5 minute debate at the beginning of every class, ideas for video games,.. It's been my bible since. A must for anybody working with children new to yoga exercises, from 2 to 13 years old. The photographs of each pose outlined alphabetically are amazing. The book guides the reader in how exactly to .. This makes this publication very easy to just draw & I discovered this book when I first considered teaching children's yoga classes. This is actually the only book I recommend to parents that are also researching to share yoga in the home. The photographs of every pose outlined alphabetically are wonderful. There are recommended sequences at the end that are perfect for teachers just starting out. Information includes teaching meditation, breath work, songs, games, and relaxation. In short, it has everything. I have viewed many books obtainable but I would recommend Yoga for Children to any mother or father asking about a resource to have in the home for sharing yoga with the entire family. For all those teaching little yogis it really is a must-have. Simply the best We have been an early on Childhood Educator for several years as well as a movement specialist. I teach weekly yoga exercise classes in institutions and lead teacher workshops on how to bring yoga exercise and movement to their classrooms. This is definitely without doubt the first book I would recommend to teachers and parents who wish to learn more about them. I probably own every book written about them and this one features prominently on my reference list that I give out at workshops. I very much appreciate how the quality of photos, the organization and the creativity of this book. It is the first one I'll pick up when I feel like I need to refuel my creative juices. My favorite part about this section is definitely that Lisa managed to get very kid-friendly by giving simple types of what the theory looks like & Great book for anybody wishing to share yoga with children Great book for anybody wishing to talk about yoga with children. Many also include great color photos. scripts included! I love the variations or video games that are added by the end of each pose. The book manuals the reader in how to present the basic principles of yoga exercise to kids. I have been teaching yoga exercise to children for over six years and I still go back to this reserve over and over for new tips, sequences, or methods to modification up my teachings. After reading it cover-to-cover I was encouraged to get my training! Great content. Can't wait to utilize this book with customers I use (I am a pediatric OT). Has so many poses and instructions on how to get children into the poses correctly. I love it's content material. But my reserve was cut weird/incorrect. This book is a significant work. I'm still going to maintain it because I don't want to mess with the hassle of exchanging it and I still believe the publication looks great. High quality book with beautiful pictures. My book is deformed :/ The book looks amazing. I am performing some yoga exercise training for children and I'm excited about using this reserve to help show them images of poses. The publication has thick web pages and is very good quality. As she shares in the introduction of the publication, Lisa has a boy with Sensory Processing Disorder & 4-6 yrs.! Thank you Lisa! "what to say" & Lisa Flynn's book is absolutely invaluable in assisting

parents/teachers with the incorporation of yoga and breathing exercises right into a child's lifestyle.! I have used the book aware of me own children along with with my college students in my classroom. Excellent Resource As a children's yoga instructor, I've found Lisa Flynn's publication, "Yoga for Children," to be a fantastic resource. All in a single manual A fantastic book and reference! My book of preference for yoga poses, games, visualizations, etc. partner poses. Yoga instructor loving this book I LOVE this publication. I began using it 2 years ago when I began teaching yoga to kids. It's filled with so much incredible information and fun child friendly yoga sequences. I sent years teachin adults;) Four Stars Enjoying this book. Thank you Lisa Flynn for composing this book! Good resource As a children's yoga instructor Im still getting a lot out of this book. 7 ladies yoga exercise as an after school activity in the school gymnasium. I really like that for each pose, the book offers you the benefits, with detailed guidelines how to proceed, right down to what you can say to the child. The pictures are gorgeous and help start to see the poses clearly.! I highly recommend. Neutral It's an ok publication.. Attention Deficit Disorder. not impressed at all.. In more traditional yoga conditions, they are known as "yamas" & but I will most likely keep it (? this book made it possible for me to better yoga instructor for kids.



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