

# little flower yoga for kids

A Yoga and Mindfulness Program to  
Help Your Child Improve Attention  
and Emotional Balance



connect,  
breathe, move,  
focus, relax –  
includes exercises to  
help kids learn the  
key elements  
of yoga

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Jennifer Cohen Harper MA E-RCYT and

## Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance



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Drawing on these elements, Harper shares practical activities that parents can use with their kids both on a daily basis and as put on particularly challenging issues. In 2006, the Little Flower Yoga program was developed by teacher and qualified yoga instructor Jennifer Cohen Harper, when her effective usage of yoga in her kindergarten classroom resulted in requests by other learners, teachers, and administrators for yoga programs of their own. Harper slowly began to teach a lot more yoga classes, and eventually recruited other yoga exercise teachers with education backgrounds to keep growing what had turn into a flourishing program. Little Flower Yoga exercises for Kids offers this fun and exclusive program combining yoga and mindfulness within an easy-to-read format. Even though this book is geared to parents, teachers could also think it is extremely useful in assisting students achieve better interest and focus. Based on an evergrowing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercise exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. Wouldn't it be great if your child could exercise, have a great time, and build concentration abilities all at the same time? Written designed for parents and children, the book aims at teaching kids to give consideration, increase focus, and balance their emotions? all while building physical strength and flexibility. For more information about this innovative plan, visit [www.littlefloweryoga.com](http://www.littlefloweryoga.com). The book details the five main the different parts of the program: connect, breath, move, focus, and relax.



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The paper isn't slick or heavy, and it feels as though it had been done on a budget. "My breath feels a lot more smooth and calm after" and "Before the breathing exercise my center was beating fast, but when I really do this it calms down.. Jennifer's program is the only of its kind, and exclusive in that she bridges traditional yoga exercises and mindfulness procedures with the pediatric populace in a way that is age appropriate and effective. As a mom of two, pediatric therapist, children's yoga instructor, and practicing yogi- I have been able to incorporate her exercises in all areas of practice!", are two recent insights from the kids I work with. I devoured this reserve on my subway ride to work and was presented with new ideas and motivation. (or not! This is a wonderful book, for carrying out yoga with kids .) A journey into children's yoga. I also believe the yoga and mindfulness practices detailed in the book creates a different sort of bonding for parents and children/caregivers and children.. Five Stars perfect! Basic drawings are included for some of the poses but not all (non-e for mountain, tree, or savasana). I absolutely like teaching yoga exercises and mindfulness to children and families, and appreciate her organic and accessible approach.it is a journey in to the world of yoga exercises for kids. Combining breath, mindfulness, relaxation along with the yoga exercises poses, makes all the difference when approaching a kid with the practice of yoga. This reserve leads you step by step through that procedure from setting the area to actual procedures and activities to make use of in your house, classroom or yoga exercise studio. The author's knowledge in the classroom, on the mat so when a mother shine through in the pages of this reserve. As a children's yoga instructor, I'm so excited to truly have a copy of my own and highly recommend it to any one looking to explore the world of children's yoga! There are so many great hints in this book There are therefore many great hints in this book. I am today buying one for myself! She prepares the reader so well, giving the reader tools to try out this deep work. The procedures in the book can help anyone at any time, and are accessible. Cohen Harper makes her book so accessible and useful for parents or teachers who've little to no knowledge with yoga. Just how she organizes the book makes it so easy to learn. I highly recommend this reserve to any parent or professional who works together with children. Accessible to WHOEVER HAS Kids or Works With Kids I found this book to be such an added bonus to my work with kids. Thank you Jennifer for writing a essential book. The calming, cuddling blanket I tested it before placing it in my 93 yr outdated WWII vet Father. Proper breathing and mindfulness is usually emphasized. We have been finding it useful with our daughter with significant psychological regulation issues. Thoughtful and accessible This is such an excellent book to bring yoga and mindfulness to children. Jennifer Cohen Harper also explains the 8 limbs/paths of yoga exercise that help make her program. I train preschoolers and make an effort to do a little yoga with them each day; I've nothing against cute titles for the poses or yoga exercises songs for children; nevertheless, Personally i think Jennifer Cohen Harper's approach to teaching yoga to kids is something that a child can grow with, from preschooler to teenager, as the poses are named for that they are.. The meditation exercises beneath the Concentrate chapter are nice. In case you are considering doing yoga together with your kids in virtually any capacity, understand this book now. I think anyone who works with kids or is definitely a parents, caregiver, etc., should check out this book. Great resource Jennifer Cohen Harper provides an excellent and readable book about how exactly to implement yoga and mindfulness. This is a great book for a parent, teacher, or other people working with children. There's easy to follow plans, research, and idea. This is not yet another kids yoga book. Great reference for teaching yoga and mindfulness to kids This is an excellent resource for those of us who are teaching yoga to kids. It's not a fancy book.I will be gifting this book over and over I actually am beyond thrilled with Jennifer Harper's Little Flower

Yoga for Kids! However, the content is great and the publication is well designed. The author breaks things right down to Connect, Breath, Move, Focus, Relax and lastly, Putting It All Together.. There's no glossary, which is a flaw. There is a reference list and a suggested reading list which are positives. There is a section on Talking with Teachers and Support for Parents, which are positives. I also like her checklists and encouragement to talk to children how they're feeling if they are practicing. I examined this out from my local library, and I plan to purchase it for use as a resource guideline. Wonderful book! ideal for you too! Bad quality - book is definitely falling apart Bad quality book - it is falling apart. Very helpful Great book for helping children learn yoga. Beautifully done That is a beautifully written book with so many very useful examples of poses, breathing exercises and parent tips. The book takes into consideration the many precious techniques mindfulness plays a part in everyday life. Like Pretty good for kids. Good layout and great way to start out teaching kids yoga. Targets key areas of yoga. We both loved the secure feeling the calmforter provided. Please send refund - thank you.



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