

alpha
books

THE
**COMPLETE
IDIOT'S
GUIDE** TO

"...With so many negative images out there for kids to identify with, *The Complete Idiot's Guide to Yoga with Kids* offers a fun and meaningful path that helps build self-esteem during this important developmental stage."

—Molly Fox,
co-owner, Yoga
People yoga center

Yoga with Kids

- † Practical advice for making yoga a family affair
- † Safe and sensible teaching tips and fun positions for both adults and kids
- † Idiot-proof ways to use yoga to promote good health, build self-confidence, and more

Jodi B. Komitor, M.A.,
and Eve Adamson



Eve Adamson

The Complete Idiot's Guide to Yoga with Kids



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With The Complete Idiot's Guide® Yoga is not only beneficial for adults, but for kids aswell! to Yoga with Children, learn: Practical advice to make yoga a family affair Safe and sensible teaching ideas and fun positions for both adults and kids Idiot-proof ways to use yoga to market good health, build self-confidence, and more



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Fantastic resource for yoga teachers and families alike! I absolutely love this book! The title is normally a bit rubbish, however the content is amazing. It is obviously and beautifully written in a manner that is attractive to both adults and kids who may be reading this reserve. It is well designed - each topic is normally carefully considered. Excellent book Easy read with lots of great tips for either teachers or parents or grandparents who wish to do yoga with kids. Giselle Shardlow Kids Yoga exercise Stories Author of yoga tales for kids, including Sophia's Jungle Adventure Five Stars This book has nice descriptions and photos that show what the poses appear to be. I in fact found the background and philosophy more helpful compared to the advice for real yoga with kids, but that's okay, as I'm a yoga exercises teacher so didn't want help with that component so much. Even though the book, compiled by Jodi Komitor and Eve Adamson, was published in 2000, the content is still relevant today and can accompany you on your own kids yoga journey for years. I show kids yoga exercises classes and I continuously turn to the book for ideas. my boy loves it and views the poses as enjoy, soothing for all and lots of fun Love this book Love this reserve. This publication reflects her deep knowledge of kids and their response to Yoga great reserve at great price a very difficult to find book at an excellent price because of its condition. Jodi actually knows her stuff. Thorough I haven't gone through the complete book yet, nonetheless it looks to have a little bit of everything for many age groups, which is precisely what I was looking for. A timeless kids yoga resource I found Jodi Komitor's The Complete Idiot's Instruction to Yoga with Kids in Sydney, Australia, when i finished my yoga instructor training eight years back. GreatResource I admire Jodi and find this to be a great source. This book is quite helpful in creating an exciting practice. I love the publication's holistic method of yoga, including personality education, breathing methods, physical postures, healthy lifestyles, and rest. And its tips for all age range make it an easy-to-read resource that you could come back to over again. Kids yoga exercise teachers will find it especially helpful. This book offers a lot of gems for creating a strong, confident foundation for introducing the benefits of yoga to your little ones. Four Stars No comments. Must have Just engaging in yoga and yoga with the kiddos. The book identifies the yoga concepts, which are a large number of years old, producing the book timeless.



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