

Teaching Yoga For Life Preparing Children And Teens For Healthy Balanced Living

[#yoga for children](#) [#teen yoga classes](#) [#kids yoga benefits](#) [#youth wellness programs](#) [#balanced living for kids](#)

Discover the transformative power of yoga for children and teens, designed to prepare young individuals for a lifetime of healthy, balanced living. Our program offers engaging teen yoga classes and kids yoga benefits through mindful practices, fostering resilience, focus, and emotional well-being. Equip the next generation with essential tools for youth wellness programs and empower them to achieve truly balanced living for kids from an early age.

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Teaching Yoga for Life

Through Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living, you can - help kids become more confident and self-directed, - use a holistic approach to enrich students' lives, and - guide kids to manage stress more effectively. Yoga is gaining popularity in schools and community programs for good reason: It provides an antidote to our fast-paced, technology-based society in which we never stop to relax, dig deeper, and learn more about ourselves and the world around us. Through Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living, you can employ a simple, safe, and pragmatic method for yoga instruction even if you've never taught it before. The clear, step-by-step directions and ample illustrations make it easy for you to present each of the activities, lessons, and 52 poses included in the book. These lessons are based on a holistic approach that focuses on the physical, mental, emotional, and spiritual aspects of yoga. The book introduces basic yoga philosophy in simplified take-home messages that help students live better lives. It also explains how yoga can enrich students' health and why it should be a vital part of their lives. Yoga students commonly - improve their self-awareness and emotional intelligence; - enhance their abilities to focus and concentrate; - develop greater cardiorespiratory endurance, muscular strength and endurance, and flexibility; and - learn how to handle stress (particularly helpful for kids with learning, behavioral, or social and economic challenges). This visual and user-friendly book is based on applied research and evidence from piloted programs, and it applies the pedagogical standards of the National Association for Sport and Physical Education. The book supplies lessons and unit plans, and you'll learn all about the basic physical poses, breathing techniques, play, visualizations, and relaxation methods. You'll also discover how to teach yoga effectively and learn the science and movement principles behind yoga. Teaching yoga can help you create a safe and relaxed atmosphere for students. You can use a multiple-intelligence approach to engage all of your students, particularly those who don't enjoy traditional sport-based activities. Yoga requires little or no equipment and can be adapted to anyone's

needs. It helps people slow down and discover, or rediscover, who they are. Best of all, anyone can do it. With the expert guidance and practical approach of this text, yoga can revitalize your classroom and your students.

Using Physical Activity and Sport to Teach Personal and Social Responsibility

Explains how to implement a character education programme in schools or community organisations. This title contains examples of units, lessons and assessments for teaching basketball, golf, football, volleyball, team handball, tennis, yoga, fitness and adventure education.

Principles of Teaching Yoga to Kids

What you will learn in this book : 1- Become a kid again and teach yoga to children in fun, creative & magical ways! 2-How to design fun, diverse and unique yoga sessions for kids in different age groups. 3-All you need to know about how to be a unique and most Effective yoga kids instructor. 4-How to behave when facing challenges with the way kids might behave in the class in the most constructive and compassionate way. 5-How to introduce yoga postures and breathing exercises to kids and conduct fun,diverse and impactful games. 6- Inspiring stories and practical tools to take children into the world of meditation and relaxation 7-Lots of bright ideas on how to invite children to silence 9- You'll learn how to begin and end a session in the most effective ways. 8-Also you'll learn about : Storytelling,poems,role playing,Fun games, chakra healing, colors and their effects, partner yoga, lots of groups and cooperative games,Anatomy & so much more. By choosing to take this journey you'll : Play, Laugh,Relax,Learn & Teach yoga to kids!

Physical & Health Education Journal

Canada's magazine for physical and health educators.

Children Yoga: Complete Guide

The concept for Cool Yoga Kids was born in 2010 out of the heartfelt desire to create a better education and growing environment for children. Alessandrina Lerner's determination and philanthropic vision was simply to enhance the quality of life of all children. Cool Kids Yoga was originally established with children in public schools in mind with the simple objective of delivering highly effective Yoga programs geared towards restoring balance, health and calm in our children. Having personally experienced the tremendous benefits of Yoga, Breathing & Meditation, Alessandrina was convinced that in order to achieve a harmonious balance in our often over-stressed societies we needed to start at the source, i.e. with our children. Years of studies. research and first-hand experience with children and education had convinced her that a more balanced and holistic approach to Education is key to effecting permanent positive changes in our society and environment.Unlike any other discipline, Yoga integrates all the dimensions of our beings - physical, mental, emotional and spiritual and as such it is clear that it is the missing link in our children's education. In that knowledge, it is our duty as parents and educators to make sure that Yoga is integrated into their daily life, whether at home or at school as part of their curriculum, so that they may reach their highest potential in life. From this concept emerged the idea to begin a Children Yoga Training Curriculum not only geared towards Yoga Teachers but to also include others who could integrate their new skills into their everyday interaction with children. Since children are more likely to spend time with their teachers, family and parents than to visit a private yoga studio, it made sense to design a more extensive Children Yoga Training Program and to make it available not only to Yoga teachers but also to parents, family members, educators, as well as people in the medical profession. This would ensure that the knowledge and skills required to achieve the primary objectives of Cool Kids Yoga - improving and enriching children's lives - are disseminated into a greater population and touch the lives of as many children as possible. Our role as mentors, educators and examples is crucial to make this possible. By gifting children the skills necessary to achieve a more balanced and harmonious lifestyle, we are providing them with the most important and useful tools, i.e. ones that can help them grow into healthy, self-sufficient, and successful adults who can then effect society positively through their actions over the long term. The Cool Kids Yoga teaching program incorporates creative, interactive and fun-filled activities that provide our children with the physical exercise they need for their bodies to develop properly and highly effective techniques to help their mind and spirit grow and expand beyond perceived limitations. The program offers an explorative approach to understanding children psychology and a teaching methodology tailored to the different age groups that correspond to various developmental stages in children.The Cool Kids Yoga training program provides yoga teachers,

educators, and parents alike with myriads of techniques & ideas that integrate poses, games, themes, songs, props, stories, breathing & relaxation exercises, etc to enable YOU to introduce children to the wonderful world of Yoga. Play is known to be the most effective and beneficial way to learn for both facilitators and recipients. With Cool Kids Yoga you have the opportunity to rekindle with your inner child and to protect your children's innocence and creative power, which have always been at the root of all inventions, discoveries, scientific and artistic achievements throughout the ages. This manual is a compilation of the best yoga practices, methodologies, and curriculums created by leaders in Children Yoga such as Shine On Kids Karma Kids Yoga and Childlight Yoga

Yoga for Little Kids

Help toddlers practice calm and balance with easy yoga poses. Even little kids can enjoy the benefits that yoga offers. This adorably illustrated book features 20 simple poses and sequences with clever descriptions that are easy for kids to follow, whether they're doing yoga by themselves or with help from an adult. Each pose is designed to help kids learn how to channel their toddler energy into something healthy and relaxing. Explore a book of yoga for kids that is: Easy to follow—Simple instructions and pictures make it easy to guide toddlers through the poses and sequences in the book. Connected to wellness—Each new pose is tied to a different aspect of physical and mental health like sleeping soundly, staying flexible, or practicing calm. Built on body awareness—Show toddlers the physical and emotional benefits of yoga as they gain awareness of their own bodies. Encourage self-soothing and help little ones develop lifelong skills with this fun and educational yoga book for kids.

Go Go Yoga Kids

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, Go Go Yoga Kids is the book for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games. ? Over 100 fun and creative yoga games and activities? 15 ready to use lesson plans? Ways to bring mindfulness and awareness to all children? Yoga photos and pose illustrations? Easy ways to incorporate yoga in the school setting for all types of learners and abilities? How to get your kids involved with yoga at home? Tips on working with teens and tweens? Partner poses, balance activities? More resources to help kids learn about yoga. Go Go Yoga Kids details everything in an easy to follow format that will help you successfully teach yoga to kids of all ages. It is the only resource you will need to inspire children in a healthy and lifelong way.

Kids Yoga Class Ideas

Fun and simple themes with monthly yoga poses and kids books recommendations To spark your imagination, each monthly theme includes five yoga poses for kids and five recommended children's books. This 34-page resource book is for teachers, parents, kids yoga teachers, caregivers, and health practitioners looking for simple, convenient ways to add yoga into your curriculum, classes, or home life. Age group: Toddlers to Early Primary, ages 3 to 8. What's included in this 34-page kids yoga class ideas book for kids: - 12 monthly kids yoga themes, including weather, feelings, transportation, and holiday - Each theme includes five yoga poses for kids and five recommended children's books What are the benefits of yoga for kids: - increases strength and flexibility - helps them relax, unwind, and calm down to reduce stress and anxiety - helps them sleep better - promotes interaction between adult and child, as well as between multiple children - improves their fine and gross motor skills, as well as their coordination - develops self-confidence, self-expression, and body awareness - promotes a healthy, active lifestyle Making yoga for children easy, fun, and educational

Go Go Yoga for Kids

Learn how to effectively introduce and teach yoga to children to increase their mindfulness, flexibility, focus, and self-confidence with Go Go Yoga for Kids. This book includes 500 poses, yoga games, breathing exercises, stories, and lesson plans. Perfect for parents, teachers, yoga instructors, counselors, and others that work with children.

Yoga Story

Today's children live in a fast-paced and competitive world. They face school pressures, long hours in front of electronic screens, competition with classmates, and ... very busy parents. They need tools to help them deal with all this. Yoga is a great tool that provides healthy screen breaks, reduces stress,

improves sleep, and more. Yoga Story is not a standard yoga book. It's an innovative approach that uses fascinating stories to make it fun and easy for children to learn yoga at home! The book's 10 short and magical tales will allow your children to quickly learn beneficial yoga poses and enjoy practicing them again and again. An elephant, a rabbit, and a lion are some of the captivating story heroes--and they are also the names of yoga poses. As the characters appear in the story, it signals children to practice those poses. The book includes about 50 yoga exercises that make up a program especially designed for children, with a focus on proper breathing. In addition, the stories in the book highlight important values such as nonviolence, respect for others, and a healthy lifestyle. The stories will engage and expand your child's imagination, while the yoga poses will help develop their physical, neural, and mental abilities--such as coordination and posture--while improving their self-confidence. The book is designed for children ages four to twelve. Parents can read the stories to younger children, using the pictures and instructions that accompany each story to guide children through the poses. Older children who know how to read can learn independently and practice without any help. With Yoga Story, you are giving your child an important tool for coping with daily life--and offering them lifelong benefits. Inspired by the book's engaging stories and characters, your child will easily learn the illustrated yoga poses, and experience the vital connection between body and mind! Itzik Oron is a veteran yoga teacher and expert in children's learning processes. He is certified by Israel's Wingate Institute--one of the world's most advanced sports training facilities--where he studied yoga and yoga for children. Oron wrote this book after teaching thousands of yoga classes for children in recent years. The book draws on his in-depth knowledge and true understanding of young children's abilities, and features the great expertise gained from his many years of experience with yoga's positive impact on children. More on the importance of yoga in children: ` Kids who practice yoga are able to control their emotions better and can calm themselves when stressed. Studies show that these children also tend to opt for a healthier diet, and that they are more engaged in sports activities than children who do not practice yoga. a Yoga has a profound effect children's health. Children today suffer from various diseases and disorders, including the affluent diseases of the West--like heart problems, diabetes, and obesity at an early age. Proper breathing practice, non-competitive movement, and deep relaxation have been proven to be an effective means of healing. b Once yoga is instilled in children, it becomes part of their lifestyle, their behavior, and their language. Children love to practice yoga, and they love the feeling it gives them.

Yoga for Kids: Give Your Child a Healthy Life (Mindfulness Therapy)

"The child's health is one of the fundamental values of the parents. Yoga for children becomes more and more popular, first of all, because it is not a means of sport. A child will never get hurt if he does all the exercises smoothly, not too fast, according to the recommendations and rules. Moreover, a person practicing yoga brings positive changes not only to his physical body but the mind and soul." Today only, get this Paperback version book for just \$20.99. Regularly priced at \$29.99. One can start practicing yoga at a very early age. At the initial stage, conducting family classes is a good idea - it will be useful both for the kids and their parents. The system of children's yoga is carefully elaborated; the classes take place in a game manner, so the kids enjoy them. The standard yoga program for children includes exercises for different body parts, mastering the breathing techniques and training games that help children to acquire the skills of healthy communication, observation, and attention. Yoga exercises, or so-called asanas, contribute to prevent and remove numerous diseases and to keep the body healthy. During the training, particular attention should be paid to the consistency of the set of exercises and correct breathing. Hatha-yoga can reveal the hidden body potential. Yoga will be beneficial for the school children who remain in the sitting position for several hours every day. First of all, I address my book to parents and kids wishing to understand the Yoga secrets and ready to get mutual understanding and health! So, let's go! Here You Will Learn... Why Children Need Yoga? Recommendations on Selecting Your Set (for Parents and Teens) Greeting the Sun! The Surya Namaskar Set Yoga Games for Kids: Developing Imagination, Memory, and Intuition Magic Yoga: The Fairy Set of Exercises Bonus! 12 Meditations in a Game Manner for Children Much, much more! (Complete collection - save \$2.99) Would You Like To Know More? This book is Delivered Instantly to Your Kindle or Other Reading Device Just Scroll To The Top Of The Page And Select The "Buy now with 1-Click (r)" Button! Download Your Copy Today! (c) 2017 All Rights Reserved!

Living the 8 Limbs of Yoga with Kids

Living the 8 Limbs of Yoga with Kids is a 2-in-1 book for parents and their children aged 5 through 11 interested in practicing the 8 limbs of yoga. This guide includes easy-to-understand explanations for each of the 8 limbs of yoga geared to parents and teachers. It also includes activities and coloring pages

for children to better connect with these life lessons. This installment in the Living the 8 Limbs of Yoga series provides a bit of yoga philosophy plus basic child psychology, connecting them seamlessly to help parents and yoga teachers better instruct children in a fun and age-appropriate way. This children's activity book and coloring book will also provide children with all the tools they need to practice yoga. Promote your child's physical fitness and mental health by learning about the importance of brain development, child psychology and children's values. By helping your school aged child learn skills like stress management, focus and concentration you both will feel less stress. Get your children invested in the yoga lifestyle through this fun and accessible book, and plant a seed of yoga that will continue to grow for life! Features 1. Teaches parents and kids how the 8 limbs of yoga can be integrated into everyday life 2. Teaches parents some basic child psychology and tips on teaching their kids yoga 3. Is written in an easy-to-understand way, making it suitable for both yoga novices and pros 4. Includes plenty of activities for kids to connect to and practice the 8 limbs of yoga 5. Includes 4 short stories with coloring pages for kids to learn about yoga Audience? Kids age 5 - 11? Parents, yoga teachers, and other caregivers teaching kids in this age range

Go Go Yoga Kids: Empower Kids for Life Through Yoga

A complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games. By introducing kids to yoga they will learn lifelong skills that will help them physically and mentally throughout life. Yoga can easily be incorporated in the home, school, extracurricular activities, camps, and clubs--anywhere you find kids who are ready to learn and have fun! --

Yoga

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English-language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and master's theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest.

Encyclopedia of Hinduism

An illustrated A to Z reference containing more than 700 entries providing information on the theology, people, historical events, institutions and movements related to Hinduism.

Monthly Kids Yoga Themes

Quick and easy monthly kids yoga ideas To spark your imagination, each monthly theme includes one breathing technique, one focus yoga pose, a three-pose flow sequence, and one recommended yoga book. This 58-page paperback book is for teachers, parents, kids yoga teachers, caregivers, and health practitioners looking for simple, convenient ways to add yoga into their curriculum, classes, or home life. Age group: Toddlers to Early Primary, ages 3 to 8. What's included in this 58-page monthly kids yoga theme book for kids: - 12 monthly kids yoga themes, including winter, love, spring, earth, animal, and farm - Each theme includes one focus pose, one breathing technique, 3-pose flow, and a recommended yoga book What are the benefits of yoga for kids: - increases strength and flexibility - helps them relax, unwind, and calm down to reduce stress and anxiety - helps them sleep better - promotes interaction between adult and child, as well as between multiple children - improves their fine and gross motor skills, as well as their coordination - develops self-confidence, self-expression, and body awareness - promotes a healthy, active lifestyle Making yoga for children easy, fun, and educational

Yoga Journal

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Chair Yoga for Kids

Discover a world where chairs become magical vehicles for self-discovery and well-being! In "Chair Yoga for Kids: Where Fun Meets Mindfulness," young readers embark on an enchanting journey that blends the joy of play with the power of mindfulness. This delightful guide offers a treasure trove of chair yoga practices that nurture children's bodies, minds, and hearts. Benefits of the Book: Fun Meets Mindfulness: Unleash the magic of chair yoga, where each pose becomes an adventure, and each breath is a step toward self-discovery. Accessible Wellness: Chair yoga is gentle, inclusive, and perfect for kids of all abilities, making it a valuable tool for parents, teachers, and caregivers. Physical Fitness: Foster strength, flexibility, and balance in children, all while having a blast with playful poses like "Superhero" and "Butterfly." Emotional Intelligence: Chair yoga empowers kids to understand and manage their emotions, promoting resilience, empathy, and healthy self-esteem. Mindful Awareness: Develop mindfulness skills that last a lifetime—helping children navigate stress, build focus, and find calm amid life's storms. Family Bonding: Join in the fun! Chair yoga allows parents, grandparents, and caregivers to connect with children through joyful, shared experiences. Classroom Harmony: Chair yoga fosters a calm and focused learning environment, making it an ideal addition to classrooms or homeschooling routines. Practical Guidance: Access step-by-step instructions and tips on how to incorporate chair yoga into daily life, ensuring a smooth and enjoyable experience. Life Skills: Chair yoga equips children with valuable tools to cope with life's challenges and cultivate a sense of inner peace and well-being. "Chair Yoga for Kids" is a magical bridge between tradition and innovation, inviting children to embark on a journey of self-discovery and well-being. It's a celebration of uniqueness, resilience, and the boundless potential within every child. Prepare for smiles, laughter, and the joy of nurturing mindfulness in the next generation's hearts. Don't forget to Start your chair yoga NOW!

Go Go Yoga for Kids

If you want to fully engage children, Go Go Yoga for Kids: Games & Activities will help you successfully merge the life lessons that can be learned from play with the lifelong benefits of yoga. By using the activities included, you will learn how to introduce breathwork, yoga poses, challenges, and mindfulness in fun and active ways.

Stories of School Yoga

Provides firsthand perspectives from yoga practitioners and educators on the promises and challenges of school-based yoga programs. The yoga-in-schools movement has been gaining momentum in recent years as adult practitioners realize the benefit of yoga in their personal lives and want to share it with children and youth. As the movement has grown, so has the need to understand how yoga works and its effects on individuals, groups, and school culture. Stories of School Yoga brings together firsthand narratives by teachers and practitioners from diverse settings nationwide to illuminate the multifaceted work, challenges, and benefits of teaching yoga to K-12 students in public schools. The stories here supplement and reframe quantitative research in the field; demonstrate how yoga can mitigate stress and tension, particularly amid an increased focus on standardized curricula and testing; and offer lessons learned and practical insights into planning, implementing, and running these programs. Rich in detail and accessible to nonspecialists, Stories of School Yoga presents helpful resources and a nuanced, on-the-ground look at the yoga-in-schools movement. "Stories of School Yoga contributes to the field of school-based yoga programs by providing a much-needed counterpoint to the majority of research in this field, which tends to be quantitative in nature. The book shares the rich stories of people who are implementing yoga in schools while also providing a scientific explanation for why these stories are important/needed. The contributors do not shy away from the broader social/political issues involved in implementing yoga within the educational system—a system that has many challenges of its own. I believe this book will assist both quantitative and qualitative researchers in developing future studies of yoga in schools, as well as practitioners interested in implementing yoga in schools." — Bethany Butzer, University of New York in Prague

Creative Yoga for Children (ENHANCED eBook)

Whether it is to start the day off right, prepare to take an exam with inner calmness, sharpen focus and improve the attention span, or end the day on a positive note, Creative Yoga for Children offers step-by-step instruction for more than 60 poses, plus breakthrough breathing exercises that use fun, innovative imagery cues. It is a powerful tool when used in the classroom. It is low-stress and non-competitive. Watch the children stretch and balance in poses named for animals and shapes.

Several minutes when they lay down in the Cocoon Pose for a rest, their wiggles are gone. They are calm, focused and better prepared to tackle the rest of their school day.

Savoure the Moment

This book is our love for you, our love for humanity, and our hope that we can help you achieve vibrant health, through movement, through food, and through personal growth. You can find in 180 pages: 5 chapters (Food recipes, Yoga, Meditation, Self care, Food garden, Eco living). That is 42 vegan/vegetarian and gluten-free recipes and 12 yoga videos. Please savour it !

101 More Life Skills Games for Children

"A resource that can help children understand and deal with problems that arise in daily interactions with other children and adults. These games help children develop social and emotional skills and enhance self-awareness"--Provided by publisher.

Yoga Journal

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Varcarolis's Canadian Psychiatric Mental Health Nursing - E-Book

Gain the knowledge and skills you need to provide psychiatric mental health nursing care in Canada! Varcarolis's Canadian Psychiatric Mental Health Nursing, 3rd Edition uses a practical clinical perspective to provide a clear understanding of this often-intimidating subject. It provides a foundation in nursing techniques and a guide to psychobiological disorders such as bipolar and depressive disorders, trauma interventions, and interventions for distinct populations such as children and older adults. Adapted to meet the needs of Canadian nurses by Cheryl L. Pollard and Sonya L. Jakubec, this market-leading text prepares you for practice with real-world examples presented within a Canadian legal, ethical, and cultural context. Canadian focus throughout includes key considerations such as our nation's cultural and social diversity with federal/provincial/territorial distinctions. Canadian research and statistics reflect mental health and mental health practice in Canada. Research Highlight boxes are updated with examples of Indigenous research methodologies by Indigenous researchers and settler allies. DSM-5 boxes provide criteria for disorders covered by the American Psychological Association. Learning features include key terms and concepts, learning objectives, key points to remember, critical thinking, and chapter reviews, reinforcing important information and helping to apply textbook content to the clinical setting. Assessment Guidelines boxes summarize the steps of patient assessment for various disorders. Drug Treatment boxes feature the most current generic and trade names for drugs used in Canada. Patient and Family Teaching boxes provide important details that should be discussed with patients and care givers. Integrative Therapy boxes highlight the different types of therapy may be used to enhance treatment. Considering Culture boxes discuss the importance of cultural safety in providing competent care to diverse populations within various clinical situations. NEW! Safety Tip boxes highlight important issues of safety for psychiatric mental health care, patient experiences, and nursing interventions. NEW! Added mental health content covers Indigenous populations, migrant populations, and gender differences with a focus on cultural safety, equity-informed approaches, relational and trauma-informed practices. Updated Chapter 29 covers recovery, survivorship, and public mental health approaches. Enhanced topics include substance use disorders, harm reduction, and support among nurses; changes related to Medical Assistance in Dying (MAiD) legislation; and mental health in view of climate change and the COVID-19 pandemic.

How We Live Our Yoga

How We Live Our Yoga collects fourteen frank, moving, and thoughtful personal essays by passionate yoga practitioners on why they began to practice, what it has brought to their lives, how their relationship to yoga changes and evolves, and more. Judith Lasater looks at the unexpected relationship between yoga and parenting. Award-winning poet Stanley Plumly ponders the connection between his Quaker upbringing, his writing, and his yoga practice. The well-known Sanskritist Vyaas Houston tells the story

of his first guru and their difficult relationship. And philosopher and conceptual artist Adrian Piper comes out as a yogic celibate.

Storytime Yoga

Help create peaceful children and a peaceful world with this book that teaches the universal wisdom of yoga philosophy using multicultural, interfaith stories to bring peace and character education to children and families.

Yoga Journal

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Healing Pretty

Healing Pretty is the inspirational and practical guide that will show you how to walk down this unexpected path with confidence. Jackie Apostol-Pizzuti takes away the fear of the unknown and gently guides you on everything from hair, to skincare, to makeup, to health, to sex, to exercise, to treatment friendly clothing and accessories. She gives you a real picture of what to expect pre-and post-surgery, and the best options to comfortably get you through the side-effects of chemotherapy and radiation. She's pulled together her professional expertise, with the advice of medical experts and the experiences of the thousands of cancer warriors she works with every day. This compilation of expert advice, invaluable tools, handy resources, and personal stories is the ultimate head-to-toe guide to self-care and well-being while you face cancer.

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Yoga for Children

Help your kids de-stress and get healthy! Yoga for Children will encourage your child to learn about yoga with an attentive, at-home instructor--you! Even if you are new to the practice, author, mom, and children's yoga expert Lisa Flynn will guide you and your child through more than 200 yoga poses, meditations, and activities that are suitable for children between the ages of two and twelve. Complete with full-color photographs, instructional scripts, and pose modifications, Yoga for Children will help build your child's confidence, self-awareness, and focus while strengthening your connection--one yoga session at a time.

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Yoga For Kids

Teach your kids about yoga and mindfulness with this mindful yoga activity book with more than 50 poses and activities. Yoga is a great way to teach children about relaxation, meditation, and peace - while having fun at the same time. This book includes yoga activities for kids and mindful games - they can stretch into tree pose, bend into butterfly pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences. Written by Children's Yoga Expert Susannah Hoffman, with a foreword by Oscar winner Patricia Arquette, Yoga for Kids guides children through each pose, to make sure they achieve maximum fun and mindfulness in their yoga practice. Parents are given notes on each pose, to let them know what benefits it brings and how to stay safe. Yoga for Kids shows that supporting a child's positive mental health doesn't need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get moving while having fun.

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