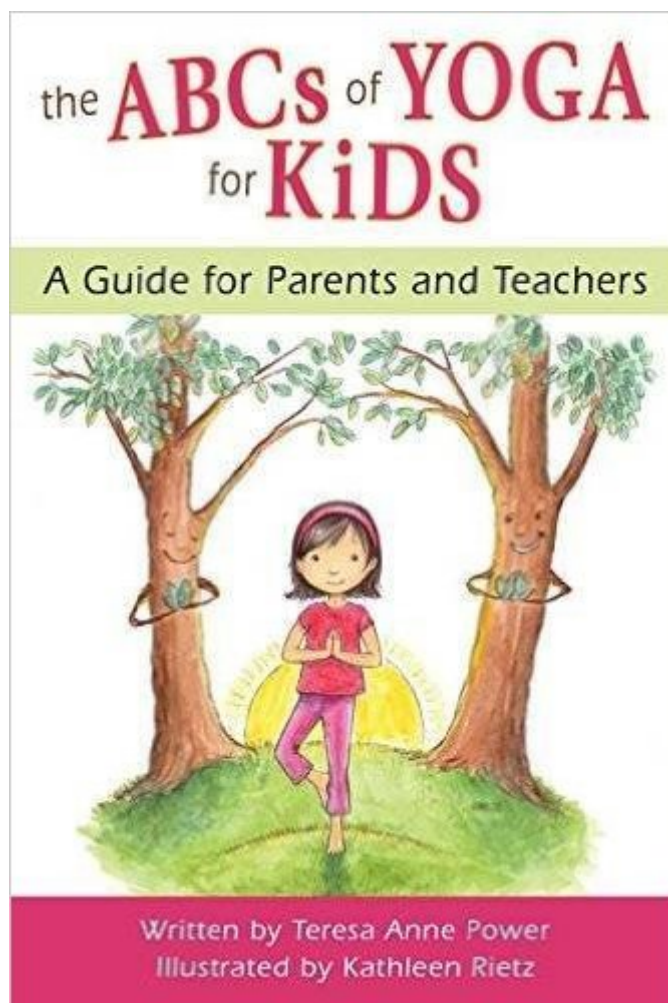


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# The ABCs Of Yoga For Kids: A Guide For Parents And Teachers



## Synopsis

The ABCs of Yoga for Kids: A Guide for Parents and Teachers is a companion to The ABCs of Yoga for Kids, a 32-page, award-winning bestselling picture book that uses the alphabet, rhyming vignettes and colorful illustrations to introduce children to yoga in a kid-friendly way. This guidebook supports parents and teachers who wish to learn more about yoga for kids, including how to implement yoga into the daily lives of children. Readers will gain insight into what yoga is, how it can contribute to a child's active lifestyle and how to use yoga to alleviate many childhood challenges. This easy-to-use handbook offers basic guidelines for teaching yoga to kids and a sample children's yoga routine. The increased body awareness afforded by yoga helps kids make better choices for keeping themselves healthy, both physically and mentally. Bonus CD included with the book, featuring 3 new children's yoga songs by Teresa Anne Power

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #455,741 in Books (See Top 100 in Books) #5 in [Books > Teens > Personal Health > Fitness & Exercise](#) #63 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #72 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

## Customer Reviews

œMy family loves this book! I'm a new Yogi myself. I only started practicing this past September and my two young daughters want to copy everything Mommy does. I home school them for preschool and this book has been a fun addition to our homeschool day. They love the pretty pictures of each pose. I love finding ways to add Yoga and Movement to our alphabet lessons. We have also had a lot of fun with the games suggested in this book. Truly this is a book I will go back to over and over as my girls grow up. I love all the information packed into this book too. Suggestions for different fun ways to do each pose and what benefits each pose can bring. Even

though we don't need them I really appreciate the tips on how children with disabilities can do Yoga too. Such a wonderful and well thought out book!â •

This is a companion book to The ABCs of Yoga for kids, However, you don't necessarily have to read one to read the other. The ABCs of Yoga A Guide for Parents and Teachers spells out the benefits of Yoga as well as provides ways for parents and teachers to make practicing Yoga fun for kids. This book is very motivating. Even if you or your children have never practiced Yoga in your lives, it makes you realize that not only is it easy to do its good for you and your child, and it can even be fun for you both. I was given the above book for free for review purposes However, all opinions expressed here are my own based on reading the book.

I love the ABC's of Yoga for Kids Series! The poses are very kid friendly. I especially love the new guide for parents and teachers. The author skillfully guides the reader through how to teach yoga to children using fun, developmentally appropriate activities. You do not need any prior knowledge of yoga to share with your children as long as you have this guide!

This book is a helpful guide to teachers and parents. I'm a mom of 3 and a children's fitness instructor. I use this book as part of my programs. You do not need to be a yoga expert. Everything is easily laid out. You could easily build a class/program from this book. I love it!

I love this book. As a yoga teacher, I am always looking for ways to bring playfulness and simple understanding to yoga for kids. The photos are well done and the little rhymes help kids with their reading and comprehension.

One of the biggest resolutions I set for myself this year was to keep my whole family fit and more active. I love yoga so it is only natural that I seek out yoga for kids for my children so they can join in on the fun. The ABC's of YOGA for Kids is the perfect book for my 8 year old daughter and 6 year old twin boys. I love that these are traditional yoga poses but given a "kid" spin on things by the renaming of poses to fit the alphabet format. There are several fun games and activities to keep being active a fun practice for kids. My only complaint is that the book is a little short, otherwise I would rate it 5 stars instead of 4, but this will be a good start! I recommend this book to parents of children ages 4-8\* I was provided a copy of the book by the publisher in exchange for my honest thoughts. A positive review was not required and all opinions are 100% my own.

What a beautiful and informative guide! I absolutely love this, and wish it had been around when my kids were smaller. The guide is beautifully illustrated, and walks you through everything you need to get your kids interested in all the benefits of Yoga. I love the layout of the guide, and there is information in there that pertains to ALL types of children. It's easy to follow and pleasant to read. While I received a free copy of the guide for review purposes, all opinions expressed are my own.

This book is a gem! Teresa provides a full spectrum of knowledge on kids' yoga. Throughout the text she cites the many benefits yoga cultivates in children. She also sprinkles yoga games and ways to use the ABC's of Kid's Yoga throughout the text and even offers a sequence of postures at the end. This book is truly great for both parents and teachers. As a new yoga teacher to children, I am so thankful to have this book as a reference. I will turn to it often!

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