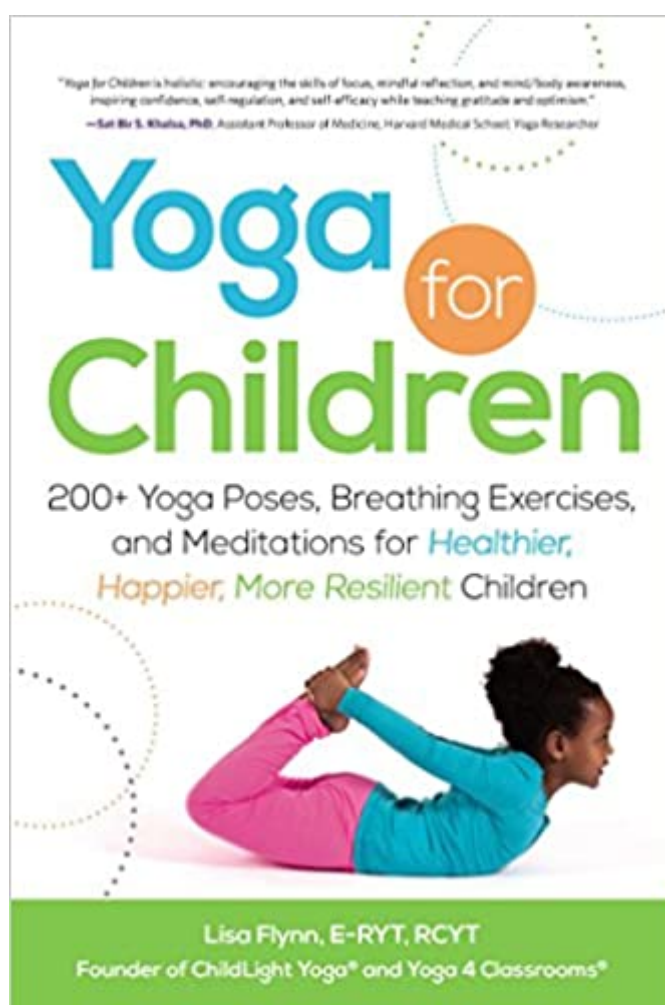


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# Yoga For Children: 200+ Yoga Poses, Breathing Exercises, And Meditations For Healthier, Happier, More Resilient Children



## Synopsis

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.

## Book Information

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## Customer Reviews

"The health benefits of yoga are world renowned.... Yoga for Children is a simple guide to help make these benefits available to children and families.... These activities remove people from their comfort zones and place everyone on an equal plane, allowing bonding to occur. This is totally applicable to both families and school groups with children age two to twelve who wish to strengthen body, mind and soul." --Green Teacher  
"Yoga for Children is a valuable resource for parents of children from toddler to preteen who want to introduce their children not only to asanas, but to a whole healthy lifestyle based on yoga's principles." - Yoga Journal  
"I hadn't expected to become immersed in the world of yoga for children, but Lisa Flynn's book made it impossible to not become fully engaged. This is as much a credit to Flynn's depth of experience as a teacher and trainer in the field as it is to the book's flawless presentation. Yoga for Children is a great family book in a high-quality format that provides exceptional value for parents. In my

opinion, it's already a classic." - Alive Magazine "I loved this book.... This book literally combines several of my favorite children's yoga books in one place, but does so in a new and refreshing way. Truly this a well thought out, well written book aimed at parents but definitely invaluable to teachers looking to utilize yoga in the classroom or studio." - Sky Yoga Studio blog "Yoga for Children is holistic: encouraging the skills of focus, mindful reflection, and mind/body awareness, inspiring 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 "I highly recommend Yoga for Children - Flynn presents the information in an easy-to-read and easy-to-follow format. Both of my children have enjoyed reading through the book and practicing the poses and meditations." - AutismEducationSite.com "Easy to follow, this beautifully illustrated book guides parents into the realm of yoga for kids. You'll learn how to teach your children simple poses that can help their minds and bodies grow." - Examiner.com "If you have a child in your care and you want to do some intelligent yoga together, this book is a real find. Songs, chants, visualization, even tips for sequencing and some innovative sequences for diverse situations - it's all here. If you interact with kids and are inspired to introduce them to yoga and guide them with wit, fun and wisdom, this book will be an invaluable resource for you." - Yoga Teacher Magazine "I have fallen in love with the book, Yoga for Children, by Lisa Flynn. The children's yoga world has needed [this] - an encyclopedia of essential kids yoga poses, games, breathing, and mindfulness techniques, that is brimming with new ideas and techniques to try. I'm going to pull this book out anytime I need some new inspiration." - Kidsyoga101.com "Yoga for Children...offers a vast choice of yoga explorations, including poses, breathing, meditation and creative play that can be guided by and used for practitioners of all levels. Complete with full-color photographs, instructional scripts, and 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." - Yoga Living Magazine "I love practical, inspiring, research-based, and user-friendly books that are written by experienced, passionate authors. This will be my go-to reference book for kids yoga." - Kids' Yoga Stories "Yoga for Children has much to offer: succinct instruction on a variety of poses, songs, visualizations and games. Lisa Flynn's book will be a welcome addition to the reading library of every adult interested in sharing the joy of yoga with children. And, thanks to the book's friendly tone and colorful layout, it is sure to be a favorite on kids' bookshelves as well!" - Yoga for Depression

Lisa Flynn, E-RYT, RCYT, is founder and CEO of ChildLight Yoga® and Yoga 4

Classrooms™, organizations providing evidence-informed yoga and mindfulness education to children, as well as training for educators and other professionals who support their well-being. She is the author of the Yoga 4 Classrooms Card Deck (2011); and Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditation for Healthier, Happier, More Resilient Children (Adams Media, 2013). Her work has been featured on TV news programs including Fox News, as well as in Parenting, Yoga Journal, Kiwi, Yoga Therapy Today, and Yoga Teacher Magazine. Created with accessibility and sustainability in mind, her programs have been successfully implemented in hundreds of schools and communities worldwide. Learn more at her websites: [childlightyoga.com](http://childlightyoga.com) and [yoga4classrooms.com](http://yoga4classrooms.com)

Great book for anyone wishing to share yoga with children. The pictures are of children in the pose and the description of the pose is concise and clear. There is even a "What to Say" section for proper languaging (this is key when teaching). I love the variations or games that are added at the end of each pose. There are suggested sequences at the end that are perfect for teachers just starting out. I have been teaching yoga to children for over six years and I still go back to this book over and over for new ideas, sequences, or ways to change up my teachings. This is the only book I recommend to parents that are also looking for ways to share yoga at home.

I LOVE this book! As an Occupational Therapist I use this book in my pediatric OT practice. The pictures and descriptions are easy to use. Lisa's practical approach makes children's yoga fun. I recommend to teachers and parents who want to learn more about children's yoga. It is a required text for many children's yoga teacher training including Childlight Yoga and Ramapo College. This book is very useful for anyone working with yoga/kids.

Excellent instruction, creativity, accessibility, variety. Ease of use, comprehension, flexibility of application. Simple format to use as guide, directory or for quick inspiration! Love it:) Thank you, Lisa! PS Marsha is my teacher too! Wow!

Even if you know nothing about yoga, this book will guide you and your children (and grandchildren too) on how to bring yoga into your lives and Lisa makes it fun too! As a yoga teacher for adults I highly recommend the book, for ALL ages!

I really enjoy this book, particularly the guided meditations toward the back of the book. I am a

licensed yoga teacher and elementary school teacher and often use the guided visualizations with my 4th grade class as they take breaks throughout the day while laying in savasana. They love it and have given positive feedback on how much they enjoy this time. Great book, useful for anyone working with yoga/kids.

I have been teaching children's yoga for many years. It was my good fortune to meet Lisa Flynn several years ago and I've been studying with her ever since. She is extremely knowledgeable about sharing yoga and mindfulness with children in a variety of settings. Her work with yoga in classrooms is groundbreaking. Lisa's book presents yoga for children in an easily accessible format, that meets the needs of both families and professionals who work with children. This book far outshines many resources currently available on the market. It is truly a gem!

I highly recommend this book for teachers, parents, and anyone who has a role in raising our children. Lisa's love and passion for children shines through on every beautiful page. The photographs are beautiful, easy to follow and just an absolute pleasure to look at. The text is clear, descriptive and easily understood by everyone- even those without any previous yoga experience! With Lisa's deep understanding of Yoga, she shows us how we can incorporate different poses into our children's routine. This is a wonderfully written resource that should not be missed!

As a kids yoga teacher, this is the book that I most frequently reference. I have used it so much that the pages are beginning to fall out! For a parent who wants to introduce their child to yoga or someone who is going to start teaching yoga to kids this is the perfect primer. It clearly and concisely covers asanas meditation and breath work. The advice she gives about introducing children to yoga is solid. She offers many kid friendly poses and even describes a very simple method by which you can sequence class if you're a teacher or a home practice if you are a parent. By far, my favorite book on kids yoga.

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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners

and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Successful Women Think Differently: 9 Habits to Make You Happier, Healthier, and More Resilient Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient - Powered by the Science of Games The Complete Book of Poses for Artists: A comprehensive photographic and illustrated reference book for learning to draw more than 500 poses How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You Yoga For Pregnancy: Poses, Meditations, and Inspiration for Expectant and New Mothers The Prenatal Yoga Deck: 50 Poses and Meditations Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are The Little Book of Life Hacks: How to Make Your Life Happier, Healthier, and More Beautiful Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative

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