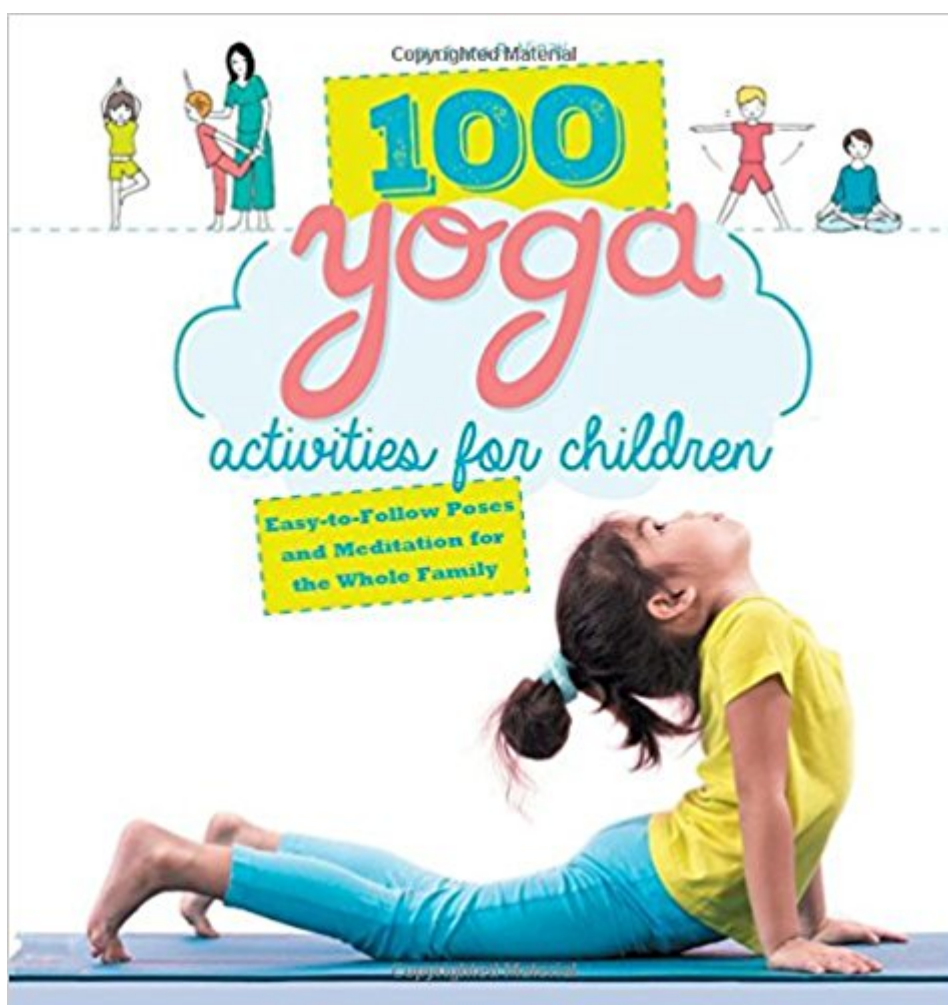


The book was found

100 Yoga Activities For Children: Easy-to-Follow Poses And Meditation For The Whole Family



Synopsis

Fun and healthy yoga exercises for kids and adults. Many children do not instinctively understand the importance of relaxation and meditation. It can be a difficult concept to grasp for someone at a young age. Yoga can be an accessible and fun way for children to learn the advantages of de-stressing and relaxing. By starting yoga early, your children will develop their natural flexibility and balance while simultaneously releasing mental and physical tension. With the fun activities featured in this book, learn one hundred ways to introduce them to this healthy exercise, which could develop into a lifelong practice. Included in this book are sections discussing: • Relaxation • Meditation • Breathing • Mudras (Sanskrit for •gesture or •attitude) • Standing and sitting postures • Elongated postures • Games incorporating yoga Additionally, 100 Yoga Activities for Kids features full-color illustrations and diagrams on every page to aid in the explanation and instruction of each pose. Discover the amazing benefits of these elaborate and simple postures, and explore a fun and healthy activity to share together.

Book Information

Paperback: 112 pages

Publisher: Skyhorse Publishing (April 25, 2017)

Language: English

ISBN-10: 1510719598

ISBN-13: 978-1510719590

Product Dimensions: 7.6 x 0.4 x 8.4 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #207,419 in Books (See Top 100 in Books) #34 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #46 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #194 in Books > Parenting & Relationships > Family Activities

Customer Reviews

Shobana R. Vinay has been a yoga teacher in India for over ten years. Over this time, she has perfected her methods and knowledge of yoga and meditation through skills training and study. Passionate for this exercise and willing to pass it on to the next generation, she is currently teaching yoga in several public schools. She also gives classes to children, adults, and elderly people, both

in private and within the framework of an association. Vinay lives in India.

Book reviews by Eve: 100 Yoga Activities for Children by Shobana R. Vinay This book is instantly engaging. It is neat and well organized and the color palette is muted and very pleasing yet still finds a way to pop and grab attention. The book is full of very cute cartoonish images to accompany each pose and sequence. They are easy to follow and sweet. The kids wear aqua blue or chartreuse green, so there are no pink for girls and blue for boys images; which is very refreshing! The meditation scripts are easy to follow and read aloud to your children or students so can be enjoyed by yoga teachers, families and in school.. Although there are labels "beginner", "intermediate" and "advanced", the book does a very good job of not seeing yoga as linear. Everyone can enjoy the pleasant flow of this book. I can't wait to take this one to my kids yoga classes and share it with my students. I know it will be a big hit! Thank you to Skyhorse Publishing for sending me a copy of this book. All opinions are my own.

[Download to continue reading...](#)

Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) 100 Yoga Activities for Children: Easy-to-Follow Poses and Meditation for the Whole Family 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) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) 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) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1

Boxed Set - Perfect for Beginners with Yoga Poses 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) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home - Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)