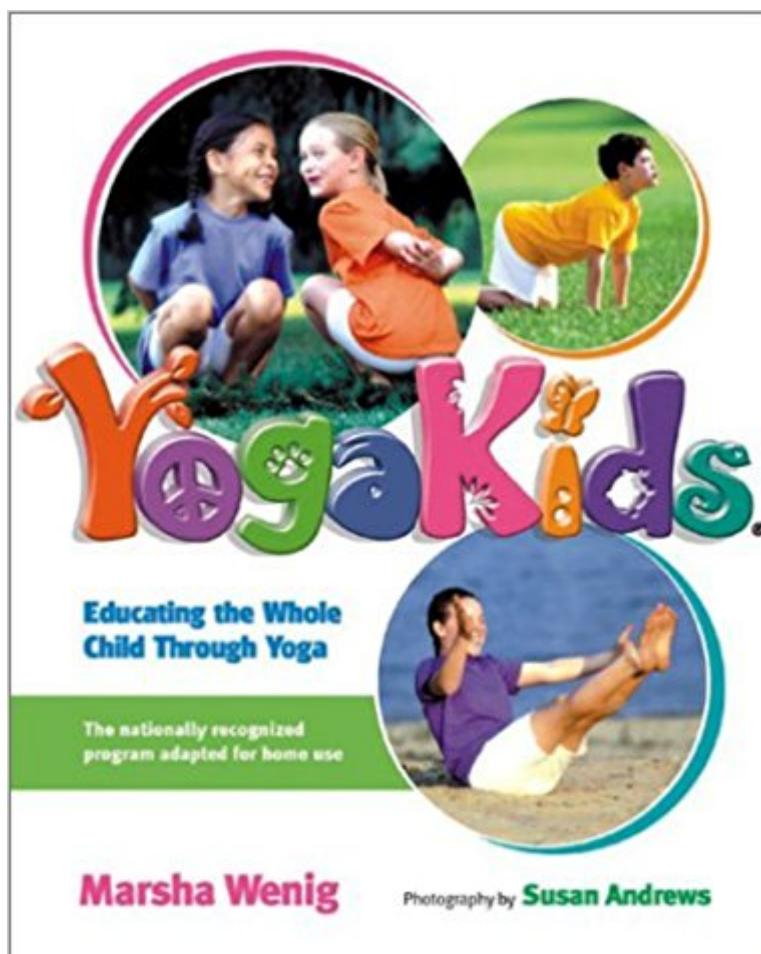


The book was found

YogaKids: Educating The Whole Child Through Yoga



Synopsis

Provides fifty selected yoga poses along with special activities designed to stimulate a child's verbal, spatial, and artistic skills.

Book Information

Paperback: 128 pages

Publisher: Harry N. Abrams (October 1, 2003)

Language: English

ISBN-10: 1584792922

ISBN-13: 978-1584792925

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #297,845 in Books (See Top 100 in Books) #47 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #65 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #763 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Grade Level: 3 and up

Customer Reviews

"YogaKids is an excellent yoga primer for children."

Marsha Wenig, R.Y.T., creator of YogaKids®, is a certified yoga instructor and a "Yoga for the Special Child" graduate. As an expert in the field of yoga for children, she has written widely on the subject for Yoga Journal, Fitness, Parent Guide, and other publications. She is the cofounder and director, with her husband, Don Wenig, of YogaKids® International and Dancing Feet Yoga Center in Michigan City, Indiana.

I ordered these books for our volunteer coaches. Great books highly recommend them to help those who want to learn and those who want to teach.

This book is a wonderful resource for yoga teachers & parents, especially if a yoga teacher has not had any professional training in teaching with kids....

I was impressed with the information that was included with the various poses. I guess I was hoping for a little more teaching information.

wonderful book.

I liked this book a lot. it is a good introduction to yoga poses. Tells exactly how to do the pose, how long, when to do them and under what circumstances. I do recommend this book!

It has everything and more to make yoga interesting for kids. It also has reasons for doing it. It is so inspiring.

Great pictures and includes full yoga routines. Great way to get a young child's energy out.

The book is a great way to get kids started on yoga. My 7 year old found this book and immediately wanted to practice. He got my mat out and just followed the pictures. Great resource.

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

YogaKids: Educating The Whole Child Through Yoga 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) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) 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) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 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) 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) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ 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 â “ 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) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) 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: 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) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)