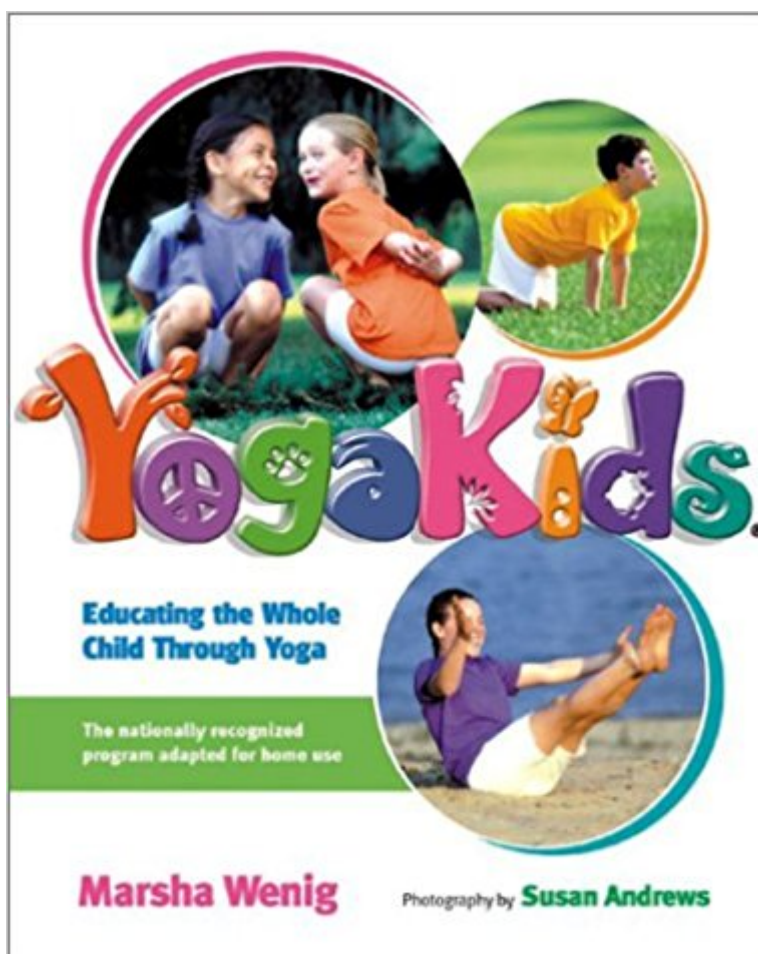


The book was found

# 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

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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 20-year 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.

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