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Yoga For Teens Card Deck



Synopsis

Based on the cool, inspiring book and DVD *Breathe: Yoga for Teens*, *Yoga for Teens Card Deck* brings yoga to a whole new level. Each pose in the deck features a full-color photograph with step-by-step instructions, a form checklist, and insightful notes on the breath, focal points, and more. Each pose card is designed to be clear and self-contained, so yogis can line them on their bedroom floor to create a sequence, prop one up on the included stand, or tuck a few favorites into a backpack to practice on the go. The back of each card includes information to help make even more of each pose, from recommended counterposes to meditation prompts to tips for transitioning smoothly to other poses. Mary Kaye Chryssicas's entertaining and inspiring text will inspire yogis to try new poses in their practice, and to keep a sense of peace and focus even during the most difficult and distracting teen challenges.

Book Information

Cards: 50 pages

Publisher: DK Children; Crds edition (December 17, 2007)

Language: English

ISBN-10: 0756635233

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Product Dimensions: 6.5 x 1 x 8.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #984,547 in Books (See Top 100 in Books) #28 in Books > Teens > Personal Health > Fitness & Exercise #128 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #206 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

"...an invaluable resource..." -- Parents' Choice Gold Award winner

Great deck! All female photos though, that's the only complaint. But works well for older elementary or teens.

This card deck is a great compliment to the *Yoga For Teens* book, also by Mary Kaye Chryssicas. I

own both the book and the cards, and I find the cards a nice "portable version" of the book. The overall style is colorful and very girl-oriented, but not at the expense of a lot of information for those interested in knowing as much about the yoga poses as possible. Each card covers just about everything you would want to know about a pose: tips on doing the pose correctly, how long to hold it, where to focus your gaze, other poses that transition well, and counterposes. Each card also has quotes from famous people as well as inspirations from the author. Though it may seem like a lot of information for one card, the layout is well organized and user-friendly. The deck is organized by categories such as Warm Up, Work in, Wind Down, and Yoga to Go. The Yoga to Go section has sequences to try and poses to consider when stressed, tired, or suffering from certain ailments like headaches. While the poses are the same as the ones covered in the book (the same photographs) there is more information about each individual pose on the cards. The cards also enable the user to focus more on each pose and not get bogged down with the background information (not to mention trying to hold the book open...) I would recommend these cards as either a compliment to the book or as a stand alone set -- they are valuable either way and there is plenty of information to use the cards without the book. These cards are not only useful to teens -- I use them as a resource in my classroom as well as for my own personal use.

This is one card deck that anyone interested in yoga can really get into -- literally! With fifty cards in four different categories -- Warm Up, Work in, Wind Down, and Yoga to Go -- instructor Mary Kaye Chryssicas can have children, teens, and adults of all ages searching for that inner peace and serenity. Although yoga is good for the body, it's also good for the soul, and these easy-to-carry cards are one way to make sure you take your training with you wherever you go. You don't have to be an expert yoga practitioner to use these cards. For those worried about their flexibility, or lack of it, Ms. Chryssicas has created exercises that are great for both beginners and those who are advanced and devout yoga-teers. The cards include full-color photographs and step-by-step instructions to assure that you're doing the moves correctly and safely. This is a great way to introduce a new type of exercise and way of healthy living into your daily routine. Highly recommended, you'll be learning the proper techniques for breathing, stretching, and positioning your body in no time! Reviewed by: Jennifer Wardrip, aka "The Genius"

This deck of yoga cards is even better than I imagined. The cards are MUCH larger than a typical deck of playing cards, which makes it easy to read. My purpose for purchasing them is to use in the classroom to give students an outlet for relieving stress. Each yoga pose is well demonstrated, with

step-by-step instructions. Each card contains an uplifting quote, as well as words of encouragement. They are very teen friendly. Anyone interested in yoga can benefit from these cards.

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