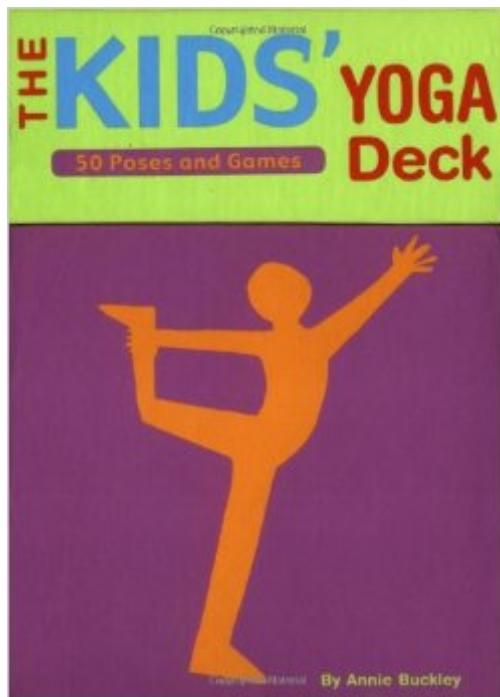


The book was found

The Kids' Yoga Deck: 50 Poses And Games



Synopsis

Yoga is fun! Get kids bending, breathing, and stretching with The Kids Yoga Deck. Playful poses such as Cat, Flower, Airplane, and Gorilla as well as partner poses that can be performed with friends teach kids the basics of yoga. Easy enough for children to do on their own, The Kids Yoga Deck engages bodies and minds to help youngsters build strength, flexibility, balance, and mental focus.

Book Information

Misc. Supplies: 50 pages

Publisher: Chronicle Books (June 23, 2006)

Language: English

ISBN-10: 0811836983

ISBN-13: 978-0811836982

Product Dimensions: 4.1 x 1.2 x 5.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (80 customer reviews)

Best Sellers Rank: #10,203 in Books (See Top 100 in Books) #1 inÂ Books > Teens > Personal Health > Fitness & Exercise #5 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #39 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I teach yoga to people of all ages, including my son's preschool class of three year-olds. I think this set is truly wonderful. :-) I guess I'm writing in response to the oh, please review. That parent might wish to take a second look from a different perspective. I am an instructor and know the value of good instruction with a qualified teacher, but kids just naturally do yoga! Parents can use common sense to help kids practice safely at home. This deck stimulates creativity. Yoga for kids is FUN!!! So many things in life are serious enough. I am serious about my own practice, but light-hearted, too. I have Babar's Yoga for Elephants (LOVE IT!), but that is a little too "old" for my son, as yet. This deck he has been using since his third birthday. The illustrations are light-hearted and bright! The names reflect things found in nature and our world. The author named parsvottanasana "pyramid" and pascimottanasana as "river" in this deck. She uses imagery i.e., "Imagine that your legs are the sandy river bottom and your spine is the water flowing down." Pyramid works! Your legs need to be really strong and stable to hold this pose, like a pyramid. Maybe the cutesy name referred to was "upside-down gorilla." (The deck is recommended for ages 4 and up. I wouldn't use

some of the names with my adult classes, unless the intention of the class were PLAY!, maybe! but this deck is intended for children. A lot of the names match the English translation of the Sanskrit.) The author knows that kids loooooove imaginative play! She gives suggestions for encouraging kids to use their imagination within the poses to get a real feeling for the poses as they practice.

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

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) The Kids' Yoga Deck: 50 Poses and Games Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) The Yoga Zoo Adventure: Animal Poses and Games for Little Kids (SmartFun Activity Books) The Prenatal Yoga Deck: 50 Poses and Meditations The Yoga Deck: 50 Poses & Meditations for Body, Mind, & Spirit Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories) Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories) Jokes for Kids: 400+ Funny Jokes for Kids: Funny and Hilarious Jokes for Kids - Funny Jokes - Kids Jokes - Jokes and Illustrations Jokes:Best Jokes For Kids: Laugh out loud fun jokes(Jokes,Funny Jokes,Jokes for kids,Best Jokes,Funny Book,Jokes free,Jokes for free,for kids,riddles,quiz ... for kids,best jokes,laugh out loud) Yoga For Pregnancy: Poses, Meditations, and Inspiration for Expectant and New Mothers BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1)

[Dmca](#)