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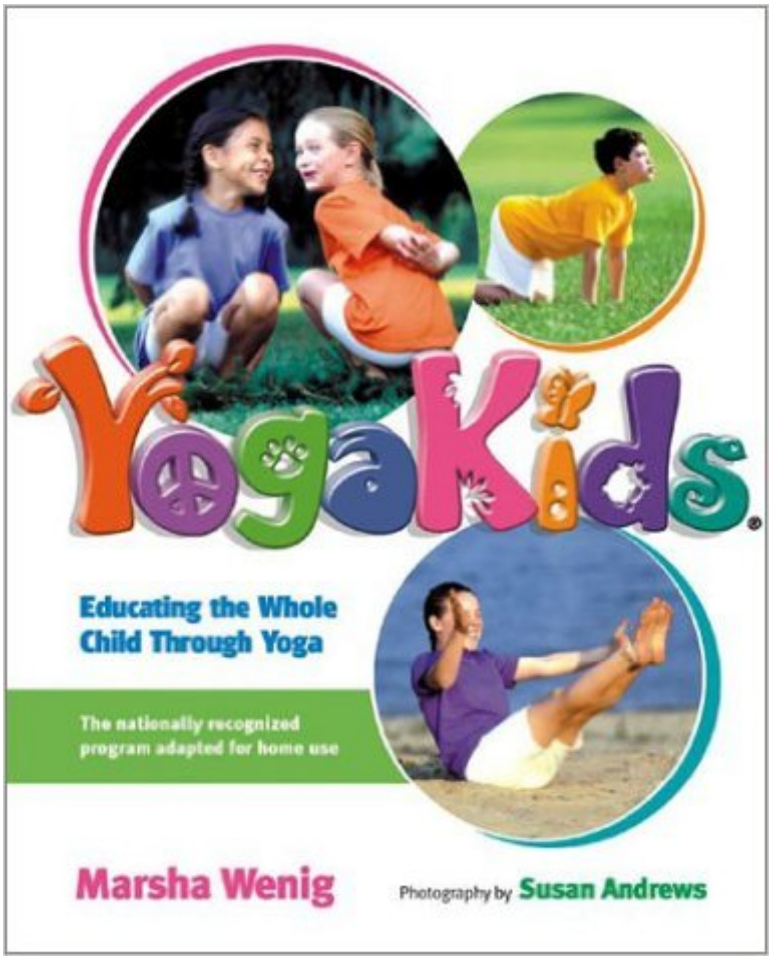
YogaKids: Educating The Whole Child Through Yoga



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Synopsis

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

Book Information

Paperback: 128 pages

Publisher: Stewart, Tabori and Chang (October 1, 2003)

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Product Dimensions: 8 x 0.5 x 10 inches

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Grade Level: 3 and up

Customer Reviews

This is the most comprehensive and beautiful children's yoga book available today(and I have read every other kids yoga book found on .com), BUT it doesn't matter what I think. See for yourself, the expression of awe on children's faces as they look through this joyful book and become inspired by their peers. If the child has previously taken a yoga class or seen the YogaKids video the effect is even more powerful. It is truly a lovely book that helps children (and adults) learn more about the relationship between our mind and body; to use our imagination by 'playing' yoga; and to teach respect for and strengthen the bonds between each other and all other living things.

This book is an excellent resource for teaching yoga to young children in a controlled, fun and exciting way. I am a preschool teacher and mom and have had just wonderful results! It's a must-have!

I loved this book! It is an incredible resource for me in teaching children yoga. It is interactive and intelligent. The children love the excercises and enjoy the colorful pages. There is something for

everyone here and it is a highly recommended addition to any parent, teacher, or child's facilitation into the world of yoga.

YogaKids, Educating the Whole Child Through Yoga is much more than a yoga book - it is a gift from the leading authority on yoga for children. The book goes well beyond Ms. Wenig's award-winning YogaKids video and is beautifully written with colorful photos, over 50 poses and multiple activities to enrich and expand a child's world. It is a great resource for parents, teachers and caregivers interested in a unique and playful approach to education. What a great way to learn science, anatomy, language, math....by moving our bodies and connecting to the world around us. Ms. Wenig's commitment to educating children is inspired by some of the great educators in the past century including Drs. Maria Montessori and Howard Gardner. Both adults and children will love this book. When I open this book I feel happy!

The fullness of this book with its approach of the multiple intelligence holistic view of how we all....not only children...can learn in fun ways is awesome. The book is visually appealing and the information is easily accessed when researching ideas. It does not surprise me that the book meets so many needs in such a creative manner, as my experience with YogaKids has been and continues to be such a creative and encouraging journey. Thank you Marsha for once again inspiring the work that is so helpful to children and society at large.

As Yoga for children becomes more and more popular, the market is flooded with books about the subject. This book is the basis to it all. The book offers the parent, educator and child the comprehensive and wholesome way of YogaKids. It not only teaches Yoga postures and their benefits but also gives suggestions how to actively use Yoga in our lives in a sequence for use in the car and a sequence to use before a test and many other ideas. No longer do you need to become a master before you can enjoy a Yoga session with the kids in your life, now, using the book, you can jump right in with this book - just select a sequence and do it.The best part is that the book explains how this method can be used to enhance learning using Gardner's theory of multiple intelligences. It has music suggestions and my personal favorite - Reading Comes Alive with Yoga, which are suggestions for books you can use with YogaKids.All this wisdom is packed in a colorful, easy-to-read and easy-to-use book.Enjoy!!!

This book is spectacular!!! As a Montessori Educator, a current YogaKids Facilitator in Training, and

Yoga Instructor, I find this to be one of the best books on the market today...it is a delight to the eye...easy to understand and follow and explores all the various avenues of yoga for children.I have recommended this book to all my parents and it has become a wonderful and welcome addition to my resources of yoga books...

As I am in the process of studying to teach yoga, this IS the best teacher book I've seen yet to teaching children the wonderful practice of yoga. Thanks Marsha.

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