

THE ABCS OF YOGA FOR KIDS: A GUIDE FOR PARENTS AND TEACHERS BY TERESA ANNE POWER

the **ABCs** of **YOGA** for **KiDS**

A Guide for Parents and Teachers



Written by Teresa Anne Power
Illustrated by Kathleen Rietz

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Review

"If you want to know more about yoga (and learn more great poses), one place you can look is *The ABCs of Yoga for Kids: A Guide for Parents & Teachers* by Teresa Power. It's extra useful for parents or teachers who want to help their kids learn yoga." -- ChickaDEE magazine blog

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The ABCs of Yoga for Kids: A Guide for Parents and Teachers is a companion to The ABCs of Yoga for Kids, a 32-page, award-winning bestselling picture book that uses the alphabet, rhyming vignettes and colorful illustrations to introduce children to yoga in a kid-friendly way. This guidebook supports parents and teachers who wish to learn more about yoga for kids, including how to implement yoga into the daily lives of children. Readers will gain insight into what yoga is, how it can contribute to a child's active lifestyle and how to use yoga to alleviate many childhood challenges. This easy-to-use handbook offers basic guidelines for teaching yoga to kids and a sample children's yoga routine. The increased body awareness afforded by yoga helps kids make better choices for keeping themselves healthy, both physically and mentally. Bonus CD included with the book, featuring 3 new children's yoga songs by Teresa Anne Power

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Five Stars

By Book Maven

My Granddaughter is 3 1/2 and tries to do the positions with her ABC's.

2 of 2 people found the following review helpful.

A favorite in our house

By Caedkatnbee

"My family loves this book! I'm a new Yogi myself. I only started practicing this past September and my two young daughters want to copy everything Mommy does. I home school them for preschool and this book has been a fun addition to our homeschool day. They love the pretty pictures of each pose. I love finding ways to add Yoga and Movement to our alphabet lessons. We have also had a lot of fun with the games suggested in this book. Truly this is a book I will go back to over and over as my girls grow up. I love all the information packed into this book too. Suggestions for different fun ways to do each pose and what benefits each pose can bring. Even though we don't need them I really appreciate the tips on how children with disabilities can do Yoga too. Such a wonderful and well thought out book!"

2 of 2 people found the following review helpful.

Everything is easily laid out

By Amazon Customer

This book is a helpful guide to teachers and parents. I'm a mom of 3 and a children's fitness instructor. I use this book as part of my programs. You do not need to be a yoga expert. Everything is easily laid out. You could easily build a class/program from this book. I love it!

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