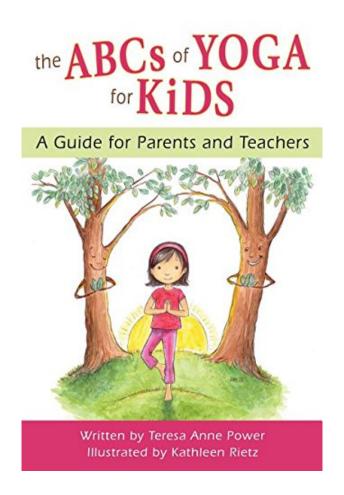
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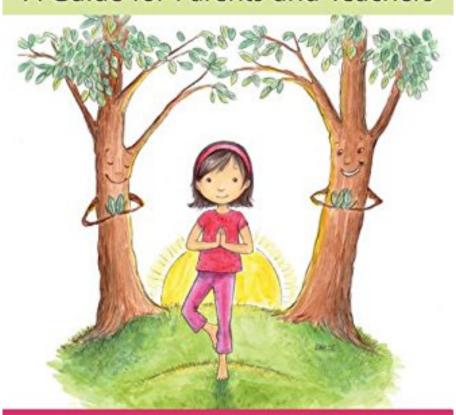


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the ABCs of YOGA for KiDS

A Guide for Parents and Teachers



Written by Teresa Anne Power Illustrated by Kathleen Rietz

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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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Five Stars

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

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"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!"

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