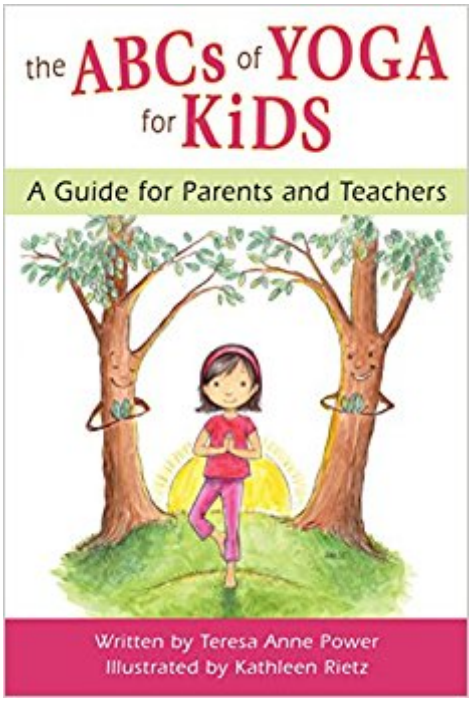
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The ABCs Of Yoga For Kids: A Guide For Parents And Teachers



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Synopsis

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 childÃ¢â ¬â„¢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 childrenÃ¢â ¬â„¢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.

Book Information

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Customer Reviews

"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"The ABCs of Yoga for Kids: A Guide for Parents and Teachers written by Teresa Power is the perfect guide for parents and teachers to introduce yoga to their children." - Michiana Family Magazine"I loved the

positive feel of this book; it's all about encouraging children to try yoga... I also liked that it was flexible in how children can be taught, while still reminding the reader of some important safety and comfort things to ensure the child got the best out of any poses he or she tries." -Ã Â Janis Journal Reviews"Filled with easy to understand descriptions and fun games, this book offers an approachable way for children to learn, and benefit from yoga... Not many children's books will get a full 5 star rating from me, but this one will - for approachability, fun and ease."Ã Â - Heather Gilbert of Gilbert CreationsAn Academics' Choice Smart Book Award Winner, The ABCs of Yoga for Kids: A Guide for Parents and Teachers highlights the myriad benefits of utilizing yoga at home, at school,and in life in general. Children's yoga guru Teresa Anne Power createswarm ups and routines while encouraging creativity, fun, and a sense ofwonder in motion...The inclusion of a free CD with songs written by Jimmy Dunne ensuresthat parents and teachers have everything needed to confidentlyintroduce yoga to the young people in their lives. -- Foreword Reviews

TERESA ANNE POWER is an internationally recognized expert on childrenÃ¢â ¬â„¢s yoga and the author of the bestselling award-winning book The ABCs of Yoga for Kids, which has sold over 250,000 copies. Teresa has taught yoga to thousands of children and has spoken at numerous libraries, schools, bookstores, yoga studios and school conferences across the U.S. She has been featured in many newspapers and magazines, including USA Today Magazine. She also teaches ChildrenÃ¢â ¬â„¢s Yoga Training Workshops and volunteers her yoga expertise at LetÃ¢â ¬â„¢s Move LA, ChildrenÃ¢â ¬â„¢s Bureau, Connections for Children, Pathways and The Neighborhood Youth Association. Teresa has appeared on local and national TV talking about the health benefits of yoga for kids, including a Fox News affiliate and Good Morning Arizona. She also writes articles about childrenÃ¢â ¬â„¢s health and fitness on Examiner.com. For more information, please visit TeresaÃ¢â ¬â„¢s website at www.abcyogaforkids.com.

I love this book and used the paperback copy (scholastic edition) so much with my weekly gymnastic classes that I wore out the spine. This hardcover edition is beautiful and sturdy. ABC’s of Yoga teaches multiple yoga poses (over 40 poses or more!)for each letter and has a charming poem for each pose that describes the body position and movement.The children love to look at the pictures and hear the poems.The best part is that my students will come up to me later in the week(after gymnastics day) and show me the poses that they learned that week! I highly recommend this book!

This is a great book-kids really enjoy trying all the different yoga poses

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

I love this book. It has "yoga" poses for every letter of the alphabet and sometimes two for a letter. My four year old great-granddaughter and I went through the book a couple of times when I flew out to visit her. She made sure I didn't skip any poses. Most of the poses are associated with animals, so they're very kid friendly. A great book for fun and exercise.

My 3 and a half year old loves to sit down and do a few poses every day. She screams in excitement and runs to the carpet in the living room when I say, "do you want to do some ABC yoga?" Not only is the book reinforcing the alphabet and vocabulary, it is sharpening her listening skills and coordination. The book also encourages a child to use his/her imagination. The little yoga poems and the artwork are tastefully done. I can't say enough great things about this book. Thank you for writing this wonderful book.

We use this in our classroom of preschoolers with special needs and it has been tons of fun. The kids are much more flexible and braver with balancing than we are! The illustrations are beautiful and the poems are sweet while being instructional.My only small qualm with this book was that certain letters are only given one position while other letters may have four. We were hoping to have a session dedicated to a letter of the alphabet, but in those cases merely review previous positions.

This book is wonderful! My 4 year old and I read all the time together, but as of now, he rarely takes a book out by himself. Except for this one. I'll catch him taking this book off the shelf by himself, opening it up and doing stretches/poses for about 20 minutes at a time. He's even started to create his own poses. Thank you!

we got a copy of this for my son when he was 1 and he still loves it at 2 1/2. We do a few poses every night before he goes to bed and he started showing his teachers and friends at school so we bought his classroom a copy as well. Nice that it incorporates yoga, the alphabet, and a little story with each pose.

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