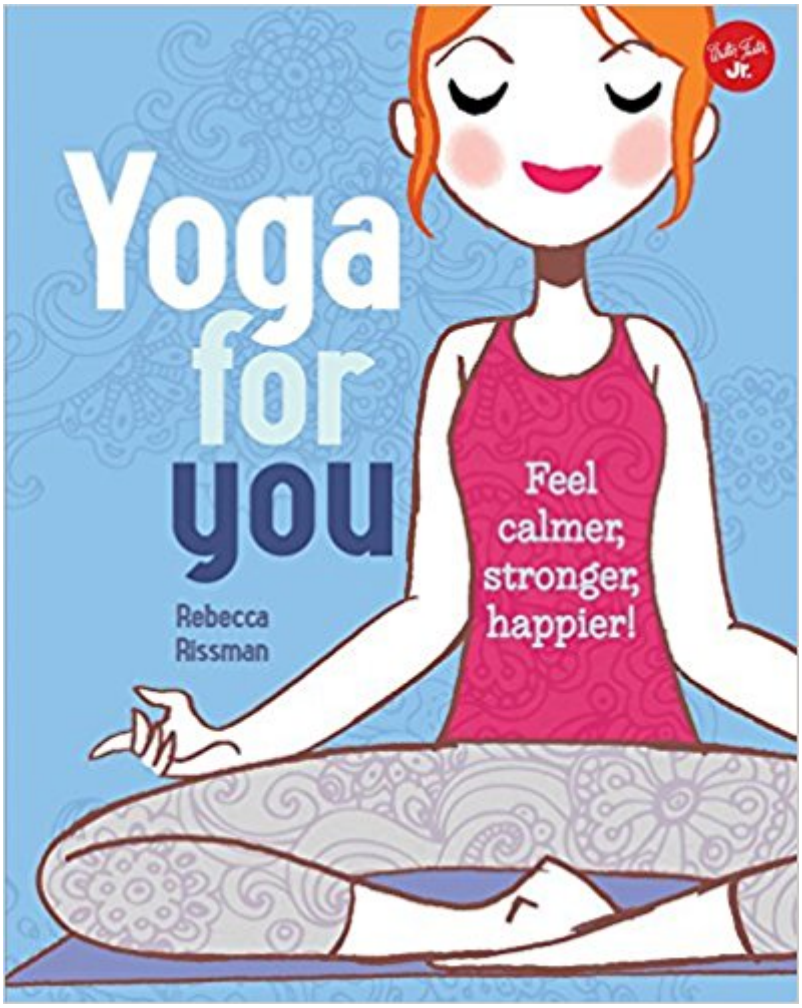
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Yoga For You: Feel Calmer, Stronger, Happier! (Good For You)



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Synopsis

Fun, confidence-building yoga exercises kids can master themselves or with friends.Yoga for You encourages children and teenagers to get up, get active, and build confidence and self-esteem through a basic introduction to yoga and its many sequences and poses. Learn two yoga sequences with 35 fully explained and illustrated poses: one for getting pumped-up and energized, the other for de-stressing and relaxation. With Yoga for You, kids of all ages can get started with yoga, a way to exercise, meditate, and gain a better sense of personal well-being.

Book Information

Lexile Measure: 900 (What's this?)

Series: Good For You

Hardcover: 64 pages

Publisher: Walter Foster Jr (April 1, 2017)

Language: English

ISBN-10: 1633223191

ISBN-13: 978-1633223196

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #160,281 in Books (See Top 100 in Books) #31 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #42 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #2693 inÃ Â Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Rebecca Rissman is a practicing yoga teacher and author of Yoga for Your Mind and Body: A Teenage Practice for a Healthy, Balanced Life (Capstone Press, 2015), based in Chicago, Illinois.

I bought this as a birthday present for my niece and she loves it. I thumbed through it before I gave it to her, and was impressed by the way it was organized and the scope of info it covers. It's basic, but that's just what a tween needs.

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