

Yoga for Children

YOGA CARDS

50+ Yoga Poses and Mindfulness
Activities for Healthier,
More Resilient Kids



Lisa Flynn, E-RYT 500, RCYT
Founder of ChildLight Yoga® and Yoga 4 Classrooms®

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Children--Yoga Cards: 50+
Yoga Poses and
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Healthier, More Resilient
Kids (pdf) Lisa Flynn**

Book details

Author : Lisa Flynn Pages : 60 pages Publisher : Adams

Media Language : ISBN-10 : 1507208235 ISBN-13 :

9781507208236

Synopsis book

Teaching children about yoga and mindfulness has never been so easy! Yoga for Children Yoga Cards offers children a fun approach to learning with a trusted and attentive instructor you! Complete with full-color, easy-to-follow photographs and step-by-step instructions, this interactive deck includes more than 50 cards divided into four color-coded categories: Mindful Me mindfulness activities, Time to Breathe breathing exercises, Strike a Pose yoga poses, and Rest & Relax relaxation exercises. Whether you're a parent looking for a fun activity for you and your child, or an educator, occupational therapist, or kids yoga teacher interested in a wonderful new resource, this deck is the perfect way to share yoga and mindfulness with children. Together, you'll enjoy the many benefits of the various activities while most importantly having fun!

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Yoga for Children

YOGA CARDS

50+ Yoga Poses and Mindfulness
Activities for *Healthier,*
More Resilient Kids



Lisa Flynn, E-RYT 500, RCYT
Founder of ChildLight Yoga® and Yoga 4 Classrooms®

Teaching children about yoga and mindfulness has never been so easy! Yoga for Children?Yoga Cards offers children a fun approach to learning with a trusted and attentive instructor?you!Complete with full-color, easy-to-follow photographs and step-by-step instructions, this interactive deck includes more than 50 cards divided into four color-coded categories: Mindful Me mindfulness activities, Time to Breathe breathing exercises, Strike a Pose yoga poses, and Rest & Relax relaxation exercises. Whether you?re a parent looking for a fun activity for you and your child, or an educator, occupational therapist, or kids? yoga teacher interested in a wonderful new resource, this deck is the perfect way to share yoga and mindfulness with children. Together, you?ll enjoy the many benefits of the various activities while?most importantly?having fun!

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