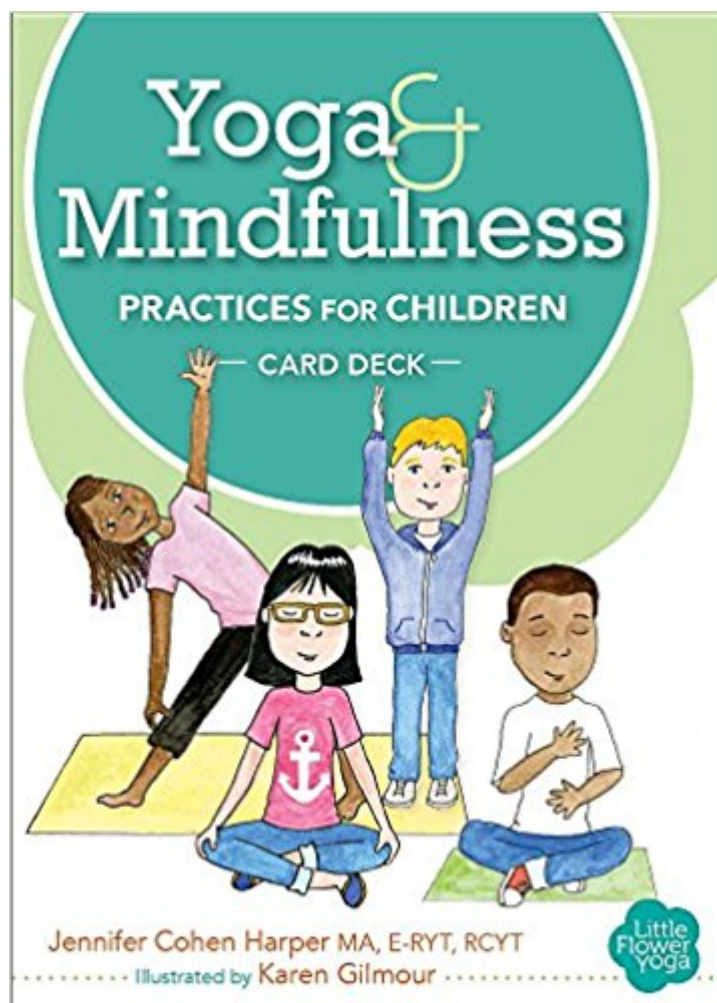


The book was found

Yoga And Mindfulness Practices For Children Card Deck



Synopsis

Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. Divided into five elements, Connect, Breathe, Move, Focus and Relax, this card deck is a comprehensive yet accessible tool kit for children themselves, as well as for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: - Heart and Belly Breathing - Feeling my Strength - Grounding in the Present - Managing Anxiety - Relaxing and Restoring - Engaging my Compassion - Checking In with My Feelings

Book Information

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Customer Reviews

The Yoga and Mindfulness Practices for Children Card Deck is a FABULOUS resource for children and their parents, teachers, coaches. Beautifully illustrated, the yoga and mindfulness practices offered are simple to do yet powerful in their impact. With clear instructions for each practice, and sensible suggestions for organizing the practices into lengthier programs, this teaching tool is a bona fide treasure. --Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*"The Yoga & Mindfulness Practice for Children Card Deck is a

wonderful resource for making these timeless, transformational practices accessible to parents, educators, and care givers from a variety of backgrounds. A must have for anyone that is interested in sharing these practices with children." --Meena Srinivasa, author of Teach, Breath, Learn: Mindfulness In and Out of the Classroom

"I first became a fan of Jennifer Cohen Harper when I found her book, Little Flower Yoga for Kids. The book was fun, engaging, and useful for my daughters and me. The Yoga & Mindfulness Practices for Children Card Deck is ideal for taking Jennifer's ideals and practices out of the book and onto the mat. These cards make it easy and enjoyable for kids and their parents to connect, breathe, move, focus, and relax -- practices we could all use a lot more of in our daily lives! --Carla Naumberg, PhD, author of Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family

The information in this deck is accessible and speaks to what so many kids are struggling with. Many children and their families will benefit from the practices and tools offered in the Yoga and Mindfulness Practices for Children Card Deck. I wish I had one as a child! --Hala Khouri, M.A., SEP, E-RYT

Jennifer Cohen Harper has taken her expertise in teaching yoga and mindfulness to children and her years training teachers and created this incredibly easy to use resource for us all. These exercises work beautifully with children and the card deck gives you a way to create endless yoga classes and mindfulness experiences--right in the palm of your hands! I am thrilled that parents, yoga teachers and classroom teachers now have the ability to add yoga and mindfulness so easily into their daily routines. --Mariam Gates, author of Good Night Yoga: A Pose by Pose Bedtime Story, Good Morning Yoga: A Pose by Pose Wake Up Story & Meditate with Me (Fall 2017, Dial Books)

A creative and simple way to encourage kids to delight in the present moment through yoga and mindfulness. Jennifer Cohen Harper has captured the simple joy of practice in a way that kids can explore, try on, shuffle or blend into a customized experience of being fully here. Fun to read, even more fun to practice, this card deck can inspire endless opportunities for meeting the moment with kindness and presence. --Steven D. Hickman, Psy.D., Director of the UCSD Center for Mindfulness

"Yoga and mindfulness really resonate with youth when they are framed as creative exploration. Yoga & Mindfulness Practices for Children Card Deck is perfect for teaching and practicing in this way. Whether it's the end of class or the end of a therapy session, "pick a card" is one of the most fun and most time-tested ways to practice these skills with youth." -- Chris McKenna, Program Director, Mindful Schools

"Teachers, parents, therapists, counselors: Get these cards before they're gone! The Yoga & Mindfulness Practices for Children Card Deck is so much more than a deck of cards. This series is brilliant. The drawings are explanatory and relatable and the practices cover not only yoga shapes, but the heart of yoga as well. The deck is a

well-organized, easily understandable tool that can guide any child or group of children through breath, focus, awareness, and connection." -- Melody Moore, PhD, RYT, Licensed Clinical Psychologist, Founder of Embody Love Movement" This is exactly what I need! The deck is anchored on an effective kids yoga curriculum, comprehensive, inclusive, and well-organized. With the detail and accessibility that can only come from an experienced educator and author who loves and lives mindfulness and yoga, each card thoughtfully shares a practice through illustration and explanation. Due to this flexible format, the cards can be used exclusively or paired with a yoga and mindfulness curriculum. The delightful illustrations by Karen Gilmour are representative of children of a range of ethnicities and abilities. I highly recommend these cards to school teachers and personnel, and yoga teachers." -- Catherine Cook, PhD, 500hr. RYT, Associate Professor, Licensed Psychologist, and Certified Yoga Teacher

Jennifer Cohen Harper is the founder of Little Flower Yoga, author of Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance, and the co-editor of Best Practices for Yoga in Schools. Jenn provides therapeutic classes to children and families, and continuing education to mental health and education professionals. She is the board president of the Yoga Service Council, dedicated to making yoga accessible to all regardless of circumstances. Her work has been featured in prominent publications including The New York Times

I HIGHLY recommend this set for helping children increase their self-awareness and relaxation tools! As a child therapist, I use these frequently in sessions and kids love them!

I used these with my clients and really enjoyed them. The cards are big and easy to read.

I'm training through this program and this book is a great resource for teachers and parents!

We use it every week with the kids and now the other teachers use it as well! Highly recommend it for other parents and educators alike.

This is a great, concise resource for introducing yoga and/or mindfulness to kids. Very well thought out and easy to follow. I would recommend for anyone new to yoga or even more experienced kids' yoga teachers.

My son's goes to a Montessori school and these cards help him stay balanced.

Love it!!!! Very helpful and well made

The Little Flower Yoga curriculum is an amazing tool to teach kids self regulation and these cards are just AWESOME!

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