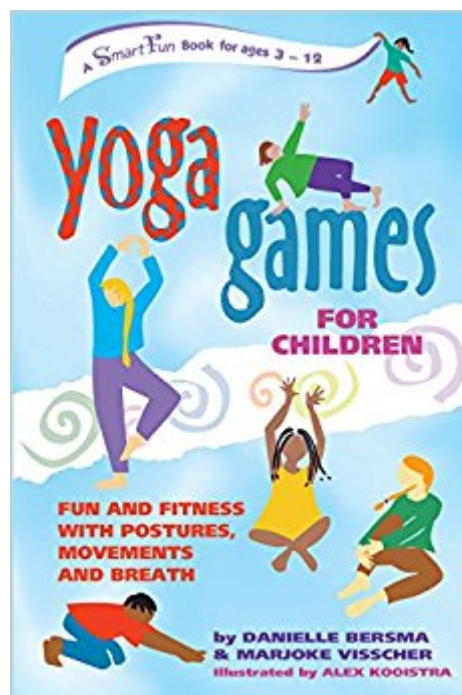




The book was found

Yoga Games For Children: Fun And Fitness With Postures, Movements And Breath (SmartFun Activity Books)



Synopsis

This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Book Information

Series: SmartFun Activity Books

Paperback: 160 pages

Publisher: Hunter House; 1 edition (April 25, 2003)

Language: English

ISBN-10: 0897933893

ISBN-13: 978-0897933896

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 46 customer reviews

Best Sellers Rank: #46,947 in Books (See Top 100 in Books) #137 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #485 in [Books > Humor & Entertainment > Puzzles & Games](#) #857 in [Books > Parenting & Relationships > Parenting](#)

Age Range: 6 - 12 years

Grade Level: 1 - 7

Customer Reviews

Text: English (translation) Original Language: Dutch --This text refers to the Spiral-bound edition.

Great books with tons of ideas for my preschool classroom.

I'm starting my yoga for children classes and bought quite few of them. There was good and great and so-so. And all of them contained same poses. But for kids doing poses is not enough, they need fun and games and that's is why this book so special. It gives you all kind on games with age distinctions .It's great book for educators and yoga teachers. Very recommending.

Going to use for work with nursing students. Great books.

I love the meditations for! children - we all need to slow down and meditate! The guidance Counselor at my school will be purchasing a copy for the kids she works with too!

This is a great resource for not only Yoga instructors but for Mom's who are looking for a few quick ideas to buy some time. I use it these games not only with my students in my Kid's Yoga class but at home when I need to get the dishes done and my son wants to go go go before I am ready. He loves these games, and my students love them as a nice little change of pace.

This book has fun ideas that are easy to use with out a lot of pre-planning. I love that activities can be short our longer depending on the amount if time I have in the classroom. Definitely recommend this book.

Very nice ideas and came perfectly new.

If you are looking for a book to introduce children to yoga asana and yoga theory, this one probably isn't the best choice. The poses are few, and are fairly simple; too simple for elementary children. The strength of the book lies in the group activities and games. The group lessons lean more toward team and trust -building, which would be great in a classroom, church group or camp. As a children's yoga teacher, I was disappointed in the actual yoga content, but I'll keep it as a reference in case I need a filler activity.

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