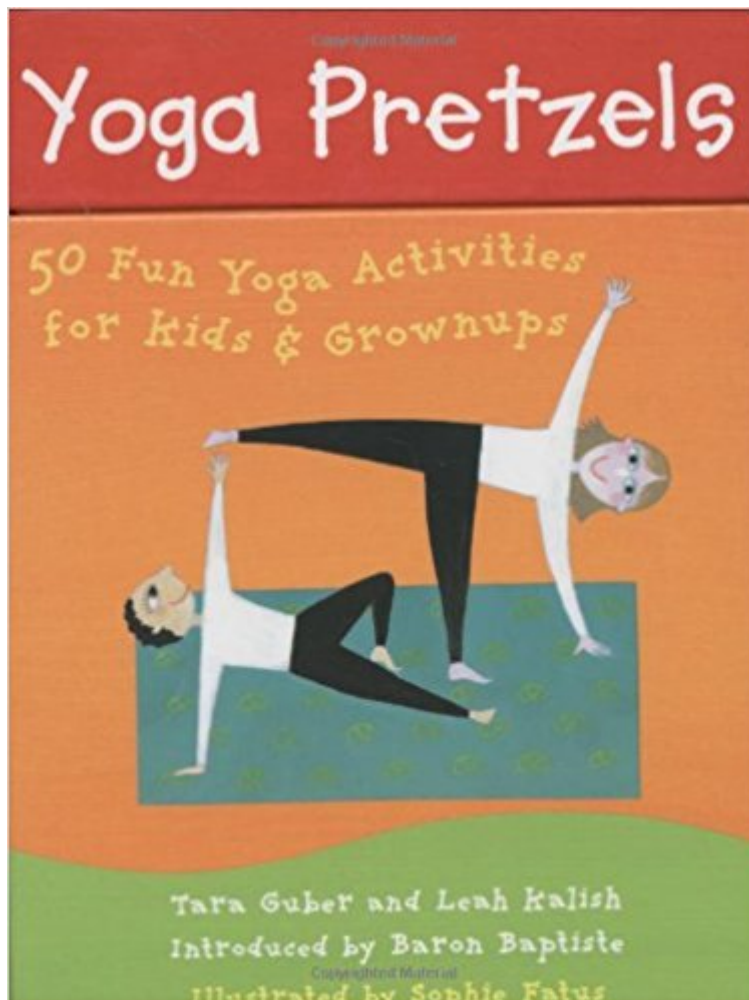


The book was found

# Yoga Pretzels (Yoga Cards)



## Synopsis

Practice bending, twisting, breathing, relaxing and more with Yoga Pretzels, a vibrant and colorful set of illustrated cards that provide a healthy dose of fun and education while teaching all the basics of yoga to help your head and heart. Founded by Tara Guber and directed by Leah Kalish, Yoga Ed. develops health and wellness courses and materials that educate children, teachers and parents about the benefits of yoga! Our friends Tara and Leah co-wrote our Yoga Pretzels Deck, an exciting, educational addition to our Yoga Pretzels collection! Please visit the Yoga Ed. website to find out more about how to bring Yoga Ed. to your school or community!

## Book Information

Cards: 1 pages

Publisher: Barefoot Books; Crds edition (October 5, 2005)

Language: English

ISBN-10: 1905236042

ISBN-13: 978-1905236046

Product Dimensions: 1.2 x 5.2 x 7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 298 customer reviews

Best Sellers Rank: #3,380 in Books (See Top 100 in Books) #9 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #25 in [Books > Children's Books > Activities, Crafts & Games > Games](#) #77 in [Books > Sports & Outdoors](#)

Age Range: 4 and up

Grade Level: Preschool and up

## Customer Reviews

Yoga brings ancient wisdom to the modern world in a way that no other discipline can. And this book conveys that wisdom to kids and grownups alike in a way that combines lighthearted humour with high purpose. --DEEPAK CHOPRA (My Daddy is a Pretzel) The poses on these jumbo cards were very easy to follow, thanks to clear descriptions and up to five drawings to demonstrate each move, the testers said. Aviva Rose, who had never tried yoga before, said this 'colorful' deck was her favorite because the directions had pictures to make them crystal clear. --The New York Times Yoga Pretzels is a fantastic way of spending quality time with my kids. Together, we exercise our bodies and minds leaving us feeling energized and refreshed! I'd highly recommend it to anyone with children. --Catherine Zeta-Jones

Cute pictures, simple instructions, and thought provoking questions. It really does begin to introduce the culture and mindset of yoga. See example below. The cards come in a durable storage box, and are of good quality.

For anyone who is teaching children and family yoga, this deck of cards is a must have. In spite of the name "Yoga Pretzels" the poses are fun and easy to do. Deck includes recommended practices on breath, relaxation and actual poses. Cards are large and made of strong material so they will not bend. They are made of colorful pictures and recommendations for the practice of breath and movement. It is a very clever way to keep children engaged during their practice and still provide them a level of education about their health and well being. I am really pleased that I could find this material on . Children and Family Yoga class outlines are difficult to find and it is challenging to continue providing engaging classes without being repetitive. As everyone knows child's imagination can go wild and one can never come up with enough stories to tell, in and out of yoga classes. Excellent reference material for children yoga teachers that can be used in many combinations for a number of engaging classes.

The cards are great, were sealed in plastic. Exactly as expected. The box they were in is beat up. Not sure if packaging was just hard on this box & a book we purchased or what. Both were pretty messed up. Thankfully the cards are ok.

These cards are a great way to engage the whole family for some fun playtime.

I use these as part of our morning routine with a yoga pose of the day in my kindergarten class. I like how they have little sayings for each step in the movement, and have a follow up question on them to connect the pose to thoughts or feelings. There are a few that I don't do for safety reasons or aren't appropriate for class (either more for a parent/child or smaller group), but there are plenty of others to have a few weeks worth of different ones for the kids to learn and not get tired doing. I also like that they have several breathing exercises, as I do some mindfulness practices with them as well and this ties in perfectly. They would be great for older kids as well, I haven't used them, but have done mindfulness & yoga with third graders before, and I know they'd totally be into these. Fun product!

Great cards for some school-aged kids to play. They're broken up into a few categories--balance, back-bending, breathing, partner cards, games, etc.--that are color-coded for easy sorting. The partner cards will be a easier to do for 2 people of roughly the same height. There's instructions on the back that are easy to follow with pictures and phrases to help teach kids how to do the positions. If the directions on the card are too hard to follow, demonstrating each step with your child is great. I use them with 5 year-olds to about 9 year-olds; I find that if they're a bit older, then they tend to enjoy them a bit more. It's a great activity to work on body awareness, balance, and getting some physical activity in on a day where you want to stay inside or go outside. I like using the breathing cards to help kids learn some strategies to calm themselves down. Overall, it's an enjoyable activity for an adult to do with a child, in a group, or for children to try to do on their own. The cards are on a thick, laminated cardstock. They'll stand up to having some liquid spill on them, but I'd still wipe them off quickly to avoid extensive damage. They can get bent if handled roughly.

Bought as a gift and getting rave reviews that kids are asking to play with the cards and engaging their parents to do so with them, which means they all get to practice yoga together!

This is a fantastic product! Excellent tools for mindfulness, focus, kinetic movement, and partner work. Definitely recommend!

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