



## The ABCs of Yoga for Kids: A Guide for Parents and Teachers

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By Teresa Anne Power

Stafford House, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The ABCs of Yoga for Kids: A Guide for Parents and Teachers is a companion to The ABCs of Yoga for Kids, a 32-page, award-winning bestselling picture book that uses the alphabet, rhyming vignettes and colorful illustrations to introduce children to yoga in a kid-friendly way. This guidebook supports parents and teachers who wish to learn more about yoga for kids, including how to implement yoga into the daily lives of children. Readers will gain insight into what yoga is, how it can contribute to a child's active lifestyle and how to use yoga to alleviate many childhood challenges. This easy-to-use handbook offers basic guidelines for teaching yoga to kids and a sample children's yoga routine. The increased body awareness afforded by yoga helps kids make better choices for keeping themselves healthy, both physically and mentally. Bonus CD included with the book, featuring 3 new children's yoga songs by Teresa Anne Power.



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