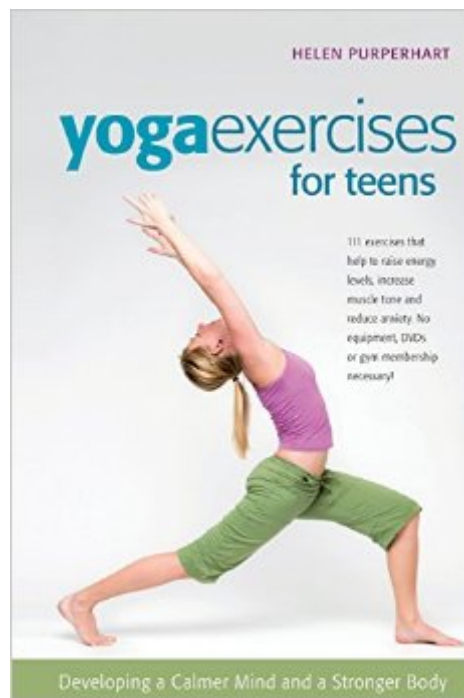


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# Yoga Exercises For Teens: Developing A Calmer Mind And A Stronger Body (SmartFun Activity Books)



## Synopsis

Yoga provides not only an excellent, low-impact workout, it also helps young people in key areas such as body awareness, flexibility, concentration, stress reduction, and self-expression. The exercises and games in this easy-to-follow guide are specifically designed to fit the needs of teenagers and to show teens how to work out and train their bodies in a relaxed way. It requires no advance knowledge or preparation and can be used by anyone working with teens between the ages of 10 and 20. The exercises are divided into static postures, dynamic postures, and exercises in pairs. There are also visualization and meditation exercises based on the four elements of nature as well as an introduction to the basics of yoga philosophy. The book can be used with large and small groups or as part of a parent-teen activity. Practicing yoga together is a perfect opportunity for parents and teens to exercise, talk, and spend time together in a healthy, positive manner.

## Book Information

Series: SmartFun Activity Books

Paperback: 160 pages

Publisher: Hunter House (November 18, 2008)

Language: English

ISBN-10: 0897935039

ISBN-13: 978-0897935036

Product Dimensions: 5.9 x 0.4 x 8.7 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #338,137 in Books (See Top 100 in Books) #48 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #75 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 10 and up

Grade Level: 4 and up

## Customer Reviews

Helen Purperhart's introduction to yoga for teens provides an excellent overview of the positive impact yoga can have on young minds and bodies, whether in relieving stress and tension or in allowing teens a supportive space for self-exploration. With several introductory pages on the history of yoga and on the ways in which yoga can be introduced to teens, this title not only presents dozens of poses and exercises geared towards disparate skill levels and with different group sizes,

but also offers a more rounded approach to yoga - yoga not only as physical strengthening and increasing flexibility, but yoga as a playful practice of aligning stability in mind and body. Nevertheless, the book never makes clear (either in its title, introductory information, or exercise segments) whether the title is aimed strictly at those who teach (or want to teach) yoga to teens or for the teens themselves. The introductory information provides a broader context to yoga, but this approach to yogic practice as a disciplining of body and mind is not extended throughout the text uniformly, making the text seem slightly disjointed. Furthermore, although the introduction acknowledges that when the illustrations seem misleading or require further explanation to rely on the textual descriptions, often the text does not provide as much information as might be required to safely move between positions or to move into or out of particular poses. Despite these problems, however, Purperhart's title provides a concise and informative guide.

Yoga shouldn't be dismissed as nonsense, as it has real physical benefits. "Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body" pitches the exercise of yoga at teens to help them deal with the rocky and rough life they face. Stress reduction, weight loss, and overall fitness are all proven benefits one can gain through yoga, and "Yoga Exercises for Teens" is an ideal gift for the health conscious teenager.

We got this as a Christmas gift for our 11 year old and she loved it!

This book was a gift to a 14-yr old girl and the feedback was very positive. I told her to learn to rest her body AND mind. I have no regrets.

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