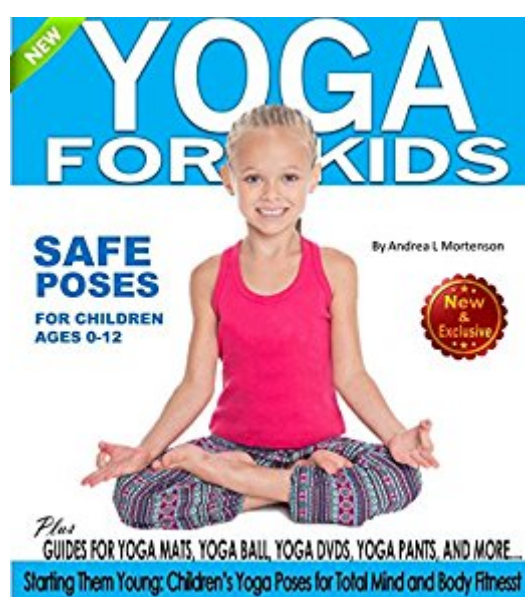


The book was found

# Yoga For Kids: Safe Yoga Poses For Children Ages 0-12: Starting Them Young: Children's Yoga Poses For Total Mind-Body Fitness (Yoga For Kds)



## Synopsis

Do you want to give your child a head start towards lifelong wellness? Are you looking for a suitable physical activity that is safe, fun and beneficial for their bodily growth and mind development? Yoga "that ancient body-mind practice that originated from the East" is a great tool to help children achieve these. In simple, step-by-step instructions, *Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness* can help you learn and practice these yoga poses with your child in the comfort of your own home. Download Today!

## Book Information

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## Customer Reviews

If you are looking for fun but healthy activity that you can do with your child or children, yoga could be one of the best option. I have heard that yoga can benefit children in a good way, like what the author mentioned, practicing yoga at a young age would develop your child into a mindful and respectful person. In my opinion, parents should also consider their child's personality and preference before they let their child involve in activities like this. Well, that is one advantage of having this book, you will be able to try some of the poses suggested by the author at home during your free time and by doing that you will be able to assess if yoga is something that your child is

going to enjoy, if she/he responds well and showed willingness to do yoga then I think, you may continue doing yoga together and have fun.

Fantastic! My daughter will surely love this book. She wants to try yoga but she did not know how she can start it. I searched for book that can guide her on how she can do yoga in the proper way and I am glad I found this book. This book will provide her the step-by-step guides on how she can start doing yoga properly. It will also help us understand on what yoga for kids is and its benefits. This book contains different yoga poses that our children will love to do. I highly recommend this book for everyone. Excellent book!

This is such a great book of Yoga for kids!! I wanted to do yoga with my son but wasn't sure if they were safe or not. Not only are they safe, but they are easy and fun to do! There is great detail and pictures with each instruction on poses. Some may look advance but keep in mind that children are way more flexible than adults. If you have an hyperactive kid like I do, or if they have low energy, this is a great book for a mom/dad and kids bonding and it really helps regulate their energy and keep it balanced.

Well done author! I read through this book rather easily because it's a topic I am interested in and because the author did such a great job relaying yoga for children in layperson's terms. I've come away with a better understanding of Yoga's history, the official yoga terms, and ways of explaining this to children! Some strengths of the book include: a large variety of poses, it touches on benefits, cautions, equipment, relationships, and breathing in Yoga for kids, the book is geared towards the target audience (kids and their caretakers), and there are pictures included with each pose! I look forward to more books by this author as I can tell that she values quality!

Now this I have to comment because it pretty much answered the need that have arisen when my wife started to attend yoga classes. Studio where she goes does not have organized classes for children and for some reason our 13 year old have started to be very unhappy because of that. Long story short, author has presented asanas and procedures that children can safely practice and as I see (2-3 times a week) must books keeps them busy for about 30 minutes. great job done!

I am assigned to teach yoga to the kids this Saturday and I know few yoga techniques. I am looking for a good yoga guide for children and my mom saw this book. This book shows the benefits of

yoga for kids. Kids are hard to teach yoga because they are playful at their age but this book shows how to keep it simple, safe, and fun. There are lots of pose here at I am glad that there are pictures in this book that made this book easy to follow.

It is encouraging to see that there are books such as this one that helps parents involve their children in starting a healthy way of life. Yoga is good for adults as well as children. This book explains why so and what benefits kids can get from doing yoga. It also provides a simple how-to to get children started with Yoga. It is also quite helpful that there are pose samples to follow. This is a quick guide to learning Yoga.

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