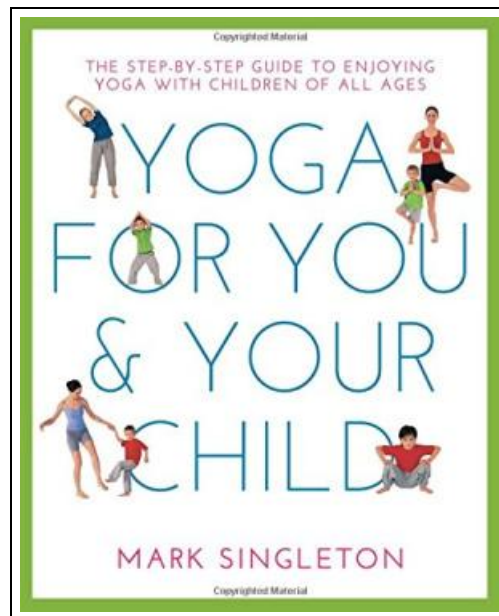


Yoga for You and Your Child: The Step-by-Step Guide to Enjoying Yoga with Children of All Ages (Paperback)



Filesize: 1.29 MB

Reviews

This book is wonderful. It really is written in easy words and never difficult to understand. I am quickly can get a satisfaction of reading a created ebook.

(Carley Huels)

YOGA FOR YOU AND YOUR CHILD: THE STEP-BY-STEP GUIDE TO ENJOYING YOGA WITH CHILDREN OF ALL AGES (PAPERBACK)



Watkins Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Yoga has so much to offer children, from keeping them healthy and agile, to helping them to focus, to encouraging self-awareness, a positive self-image and the beginnings of spiritual awareness. This book contains more than 40 yoga postures specially recommended as safe, beneficial, easy-to-learn and most of all fun for growing children - and their parents, too! The step-by-step photographs make the instructions really clear and easy to follow for both grown-ups and little ones. Whether you already practise yoga or are trying it for the first time, this easy-to-follow guide allows you to share yoga's many benefits with your child - whatever your level of flexibility and fitness. * Includes more than 40 yoga postures for children of all ages devised by children's yoga expert Mark Singleton* Shows how to make yoga sessions exciting, interactive and child-friendly by playing yoga games, going on yoga adventures and imitating animal shapes, walks and noises* Explores how regular yoga practice can help children learn more effectively, cope better with stress, reduce symptoms of illness such as asthma, and prevent posture problems in later life* Adapts traditional yogic breathing techniques and meditation into fun exercises that calm and soothe the mind, and help children to sleep at night.



[Read Yoga for You and Your Child: The Step-by-Step Guide to Enjoying Yoga with Children of All Ages \(Paperback\) Online](#)



[Download PDF Yoga for You and Your Child: The Step-by-Step Guide to Enjoying Yoga with Children of All Ages \(Paperback\)](#)

Other eBooks



Educating Young Children : Active Learning Practices for Preschool and Child Care Programs

Book Condition: Brand New. Book Condition: Brand New.

[Read eBook »](#)



Eat Your Green Beans, Now! Second Edition: Full-Color Illustrations. Adorable Rhyming Book for Ages 5-8. Bedtime Story for Boys and Girls.

Createspace, United States, 2015. Paperback. Book Condition: New. Donnalee Grimsley (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Edition #2. Now available with full-color illustrations! JoJo is an...

[Read eBook »](#)



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.

[Read eBook »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read eBook »](#)



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Read eBook »](#)