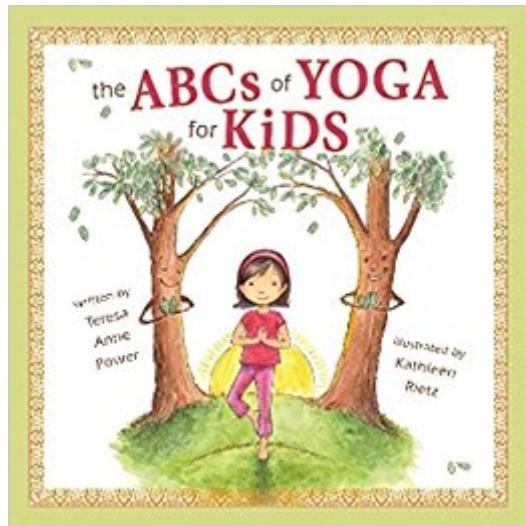


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# The ABCs Of Yoga For Kids



## **Synopsis**

The ABCs of Yoga for Kids uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Each of the 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Yoga is a noncompetitive form of exercise, suitable for children (and adults) of all ages and athletic abilities. Any activity for young children is important because the nation, including our youth, is under siege by obesity, stress, and diseases like diabetes, which stem from poor diet and lack of exercise. Yoga for young kids will create good habits and a foundation for well-being. Children have a lot of fun learning new positions, new letters, and new ideas. This book will delight and bring joy to the early yoga practitioner. (2015-11-25)

## **Book Information**

Hardcover: 32 pages

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Average Customer Review: 4.7 out of 5 stars 95 customer reviews

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Age Range: 3 - 8 years

Grade Level: Preschool - 1

## **Customer Reviews**

A truly beautiful and fantastic book! The yoga instructions are simple and clear. As a spiritual teacher and author, I have not seen anything like it. I am so glad to have found this gift! I cannot wait to share it with my child. -Jonathan H. Ellerby, Ph.D. Spiritual Director of Canyon Ranch Health Resorts. Author of "Return to the Sacred: Ancient Pathways to Spiritual Awakening" This charming book lovingly connects our next generation of yogis to their bodies and their world. Establishing this connection early in our children's lives give me hope for our planet. - David Simon, M.D. Medical

Director of the Chopra Center for Wellbeing. Author of "The Seven Spiritual Laws of Yoga and Free to Love, Free to Heal."Yoga helped me compete at the highest level of my sport well into my 40s. Many people think yoga is only for adults, but this book makes us realize that yoga's benefits can now be shared with children as well, enabling them to enjoy life to the fullest by staying active and healthy starting early on. -Sinjin Smith Olympian & World Champion Beach Volleyball Player --The ABCs of Yoga for Kids Teresa Anne Power's The ABCs of Yoga for Kids is a cute and colorful introduction to the art of bendiness and inner peace for children... A children's yoga teacher, Power uses simple language to explain the intricate art form to youngsters; there are no mentions of chakras or Ujjayiâ breathing here, just plain instructions on how to relax and breathe deeply and have fun in a pose. -- Foreword Reviews

Teresa Anne Power has been practicing yoga for 30 years. For the past 10 years she has taught yoga to young children, both in school and local organizations, helping thousands of kids develop a healthy attitude towards their body. Teresa is a member of The Society of Childrenâ Book Writers and Illustrators and The Independent Book Publishers Association. She has published yoga articles in Yogi Times Magazine, The Palisadian Post, and Violet Magazine, and currently writes for Examiner.com.

I love this book and used the paperback copy (scholastic edition) so much with my weekly gymnastic classes that I wore out the spine. This hardcover edition is beautiful and sturdy. ABC's of Yoga teaches multiple yoga poses ( over 40 poses or more!)for each letter and has a charming poem for each pose that describes the body position and movement.The children love to look at the pictures and hear the poems.The best part is that my students will come up to me later in the week( after gymnastics day) and show me the poses that they learned that week! I highly recommend this book!

This is a great book-kids really enjoy trying all the different yoga poses

My Granddaughter is 3 1/2 and tries to do the positions with her ABC's.

I love this book. It has "yoga" poses for every letter of the alphabet and sometimes two for a letter. My four year old great-granddaughter and I went through the book a couple of times when I flew out to visit her. She made sure I didn't skip any poses. Most of the poses are associated with animals,

so they're very kid friendly. A great book for fun and exercise.

My 3 and a half year old loves to sit down and do a few poses every day. She screams in excitement and runs to the carpet in the living room when I say, "do you want to do some ABC yoga?" Not only is the book reinforcing the alphabet and vocabulary, it is sharpening her listening skills and coordination. The book also encourages a child to use his/her imagination. The little yoga poems and the artwork are tastefully done. I can't say enough great things about this book. Thank you for writing this wonderful book.

We use this in our classroom of preschoolers with special needs and it has been tons of fun. The kids are much more flexible and braver with balancing than we are! The illustrations are beautiful and the poems are sweet while being instructional. My only small qualm with this book was that certain letters are only given one position while other letters may have four. We were hoping to have a session dedicated to a letter of the alphabet, but in those cases merely review previous positions.

This book is wonderful! My 4 year old and I read all the time together, but as of now, he rarely takes a book out by himself. Except for this one. I'll catch him taking this book off the shelf by himself, opening it up and doing stretches/poses for about 20 minutes at a time. He's even started to create his own poses. Thank you!

we got a copy of this for my son when he was 1 and he still loves it at 2 1/2. We do a few poses every night before he goes to bed and he started showing his teachers and friends at school so we bought his classroom a copy as well. Nice that it incorporates yoga, the alphabet, and a little story with each pose.

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