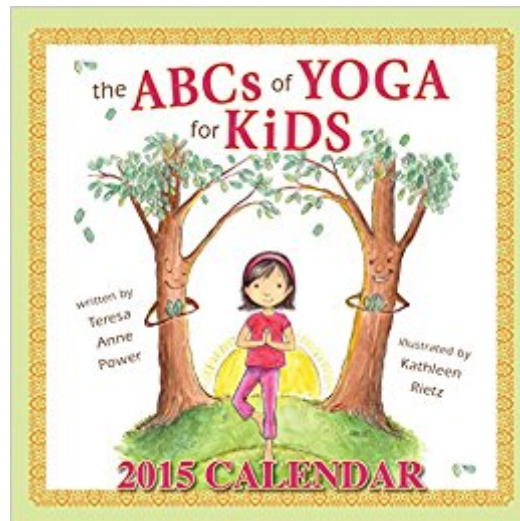




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# The ABCs Of Yoga For Kids 2015 Calendar



## Synopsis

The ABCs of Yoga for Kids Calendar contains 12 child-friendly yoga poses to practice each month. Using the alphabet, rhyming poems, and fun illustrations, each pose delightfully promotes flexibility and coordination, while encouraging kids to incorporate healthy activity into their daily lives. Children who practice yoga enjoy both mental and physical benefits that instill valuable life lessons that can be carried on to adulthood. With this calendar, kids can not only practice and master a pose a month, but also write down their healthy living goals as well. Indeed yoga nourishes the mind, body, and spirit and paves the way for a life-long tradition of health and fitness.

## Book Information

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## 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 UjjayiĀ Ā breathing here, just plain instructions on how to relax and breathe deeply and have fun in a pose. -- Foreword Reviews

TERESA ANNE POWER, avid yoga practitioner for over 30 years, is a leading authority on children's yoga and the author of the best-selling and multiple award-winning book The ABCs of Yoga for Kids, which has sold over 200,000 copies worldwide. This book uses the alphabet, rhyming vignettes and colorful illustrations to introduce children to yoga in a kid-friendly way. For the past 10 years Teresa has taught yoga to young children, both in schools and at local organizations, and has spoken at numerous libraries, schools, book stores, yoga studios, and school conferences across the United States. Teresa has been featured in many newspapers and magazines including USA Today Magazine, The Palisades Post, Evansville Courier Press, and The Newark Advocate. She also teaches Children's Yoga Training Workshops, volunteers her yoga expertise at Let's Move LA, Children's Bureau, Connections for Children, and The Neighborhood Youth Association, and has appeared on local and national TV talking about the health benefits of yoga for kids. Additionally she writes articles about children's health and fitness on Examiner.com. For more information, please visit Teresa's website at [www.abcyogaforkids.com](http://www.abcyogaforkids.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 Grandaughter 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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