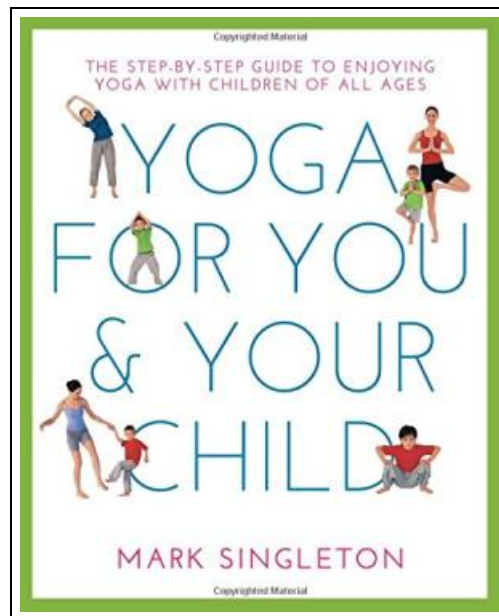


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Watkins Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Yoga has so much to offer children, from keeping them healthy and agile, to helping them to focus, to encouraging self-awareness, a positive self-image 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.



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