

100 Yoga Activities For Children Easy To Follow Poses And Meditation For The Whole Family

You Can Count on Animals to Make Yoga Fun! What could be more fun for kids than to hop like a frog, slither like a snake, and roar like a lion—all while learning an empowering, healthy life skill? Zoo Zen: A Yoga Story for Kids is a delightful pose-along adventure for children ages four to eight. Young readers will join our heroine Lyla as she learns ten yoga poses from her friends at the zoo, receiving helpful tips along the way from each animal she encounters. Using rhyming and counting to make memorization easier, here is an imaginative book that combines the benefits of yoga with kids’ natural love for animals to create a magical learning journey that parents and kids can enjoy together. Ages 4–8 With 100+ fun activities for you and your child to do together! Yoga for Kids (and Their Grown-Ups) creates meaningful ways to connect while teaching them the concepts of yoga and mindfulness. Doing yoga with your child is a special way of spending time with them. Yoga for Kids offers simple guidance for playful activities to help you bring the benefits of yoga and mindfulness into your child’s life. Regardless of your own skill level, Yoga for Kids has practices and techniques that you and your child will be able to enjoy. As a former teacher and certified yoga instructor, Katherine Priore Ghanam has seen firsthand the positive affects of teaching yoga to kids. In Yoga for Kids, Katherine shows you exactly how to teach your child to disconnect from distractions and connect with themselves—right at home. Yoga for Kids includes: Over 100 engaging activities, including essential poses, breathing exercises, meditations, yoga games, and more Clear illustrations of every pose and sequence Kid-friendly language to name and describe poses From down dog to walking meditations, Yoga for Kids provides everything you need to teach your child yoga and mindfulness techniques. With Yoga for Kids your child will learn healthy ways of playing with their bodies—and with you.

Let your baby or toddler discover the joys of yoga through the simple poses in this yoga ebook for kids. With a range of gentle poses carefully selected in an order that will engage, energise, and then relax, this ebook can be accessed by all abilities. Sweet illustrations of yoga positions are brought to life with real photographs of young children practising the moves. From downward dog, to cat stretch, to sleepy sloth, this ebook includes a variety of yoga moves that are made fun for little ones. Babies and toddlers will love looking at the beautiful pictures in this illustrated children’s ebook and turning the pages by themselves. There are a range of easy poses for toddlers to copy. Can they stand up tall like a tree and try to balance on one leg, or breathe out fiercely like a lion? My First Yoga helps preschoolers to develop their early learning skills as they name the animals and objects that go with each pose; broadening their vocabulary. The sturdy ebook is made for kids to get hands-on with, and is perfect for little children to hold by themselves. Yoga has many health benefits as it helps with balance, coordination and mindfulness, and it’s never too early to start! Learn how to effectively introduce and teach yoga to children to increase their mindfulness, flexibility, focus, and self-confidence with Go Go Yoga for Kids. This book includes 500 poses, yoga games, breathing exercises, stories, and lesson plans. Perfect for parents, teachers, yoga instructors, counselors, and others that work with children.

Creative Yoga for Children
50+ Yoga Poses and Mindfulness Activities for Healthier, More Resilient Kids
Yoga Games for Children

100 Yoga Activities for Children
A Wild Introduction to Kid-Friendly Poses
Simple Poses for Little Ones

Inspiring the Whole Child through Yoga, Songs, Literature, and Games
Fun and Simple Yoga Themes with Yoga Poses and Children’s Book Recommendations for Each Month

Creative Yoga for Children offers a simple, ready-to-teach Montessori-based yoga program for children age twelve and under. Following age-appropriate classroom themes, the book’s forty detailed, one-hour lessons are designed to supplement any learning environment and are accessible to parents and teachers alike—no special training is required. In a recent study by California State University, Los Angeles, yoga was found to improve students’ behavior, physical health, academic performance, and attitudes toward themselves. Research also shows that the benefits of yoga are particularly strong among children with special needs. This book demonstrates how yoga can become a fun daily practice inside or outside the school classroom.

Enhanced with over 100 black and white photos, the book’s themes, or lessons, are divided by age range (ages four to six, seven to nine, and ten to twelve) and explore topics based on the child’s developmental level. For four- to six-year-olds there are twenty hour-long lessons on subjects ranging from colors and the holiday seasons to sounds and words. Ten hour-long lessons for seven- to nine-year-olds introduce such topics as the body, countries of the world, botany, zoology, and the universe. For ten- to twelve-year-olds, ten hour-long lessons cover the environment, geometry, the Earth, fractions, the food chain, and more. Following the structure of a classroom lesson plan, each lesson incorporates elements of yoga including poses, breath work, meditation, and mindfulness. A discussion of the theme and intention of the lesson is followed by a warm-up of yoga poses. The children then engage in a cooperative “connecting” activity designed to bring them together, and a fun and lively theme-oriented activity that involves movement and awareness. The class winds down with breath work, a craft, and often a story. Finally, there is relaxation time and a guided meditation. With this preset structure, the children feel safe while being challenged and inspired. Derived from the educational philosophy of Dr. Maria Montessori and the author’s own experience in the classroom and yoga studio, Creative Yoga for Children allows children to move at their own pace and to be free to learn and grow within a non-competitive, nurturing setting. An essential resource for the 4,000 certified Montessori schools in the U. S., this book will appeal to yoga teachers, classroom teachers, parents, and anyone who works with children. From the Trade Paperback edition.

Help your kids de-stress and get healthy! Yoga for Children will encourage your child to learn about yoga with an attentive, at-home instructor—you! Even if you are new to the practice, author, mom, and children’s yoga expert Lisa Flynn will guide you and your child through more than 200 yoga poses, meditations, and activities that are suitable for children between the ages of two and twelve. Complete with full-color photographs, instructional scripts, and pose modifications, Yoga for Children will help build your child’s confidence, self-awareness, and focus while strengthening your connection—one yoga session at a time.

The author of Midnight’s Children and The Satanic Verses describes his 1986 trip to Nicaragua and shares his impressions of the true Nicaragua—the people, politics, land, poetry, and problems behind the headlines. Reprint.

"Do you feel sluggish, mentally exhausted, or disconnected from life? Whether you want to (1) increase your strength and flexibility (2) relieve pain and prevent injury, or (3) reduce stress and become happier, then keep reading to discover how to easily do this with the best yoga positions of all time!"—Amazon.

Yoga For Kids

Yoga Games & Activities for Children: 150+ Fun Yoga Games, Activities, Poses, & Challenges for Successfully Teaching Yoga to Children
Zoo Zen

Yoga Lessons for Children Teaching Yoga to Children Through Poses, Breathing Exercises, Games, and Stories

Yoga Poses
100+ Fun Yoga and Mindfulness Activities to Practice Together
Good Night Yoga

Yoga for Kids

Describes a program of breathing exercises, yoga poses, and relaxation techniques designed to help children with special needs

Teach your kids about yoga and mindfulness with this mindful yoga activity book. Yoga activities are a great way to teach children about relaxation, meditation, and peace—while having fun at the same time. This book shows you exactly how to teach your child to disconnect from distractions and connect with themselves right at home. In this Yoga For Kids Book, essential poses, breathing exercises, meditations, yoga games, and more - Clear illustrations of every pose and sequence - Kid-friendly language to name and describe poses Yoga for Kids shows that supporting a child’s positive mental health doesn’t need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get motivated. A playful and easy way to teach yoga.

If you want to fully engage your children for kids and adults. Many children do not instinctively understand the importance of relaxation and meditation. It can be a difficult concept to grasp for someone at a young age. Yoga can be an accessible and fun way for children to learn the advantages of de-stressing and relaxing. By starting yoga early, your children will develop the releasing mental and physical tension. With the fun activities featured in this book, learn one hundred ways to introduce them to this healthy exercise, which could develop into a lifelong practice. Included in this book are sections discussing: • Relaxation • Meditation • Breathing • Mudras (Sanskrit for ‘gesture’ or ‘attitude’) • Standing and sitting postures • Elongated Yoga Activities for Kids Features full-color illustrations and diagrams on every page to aid in the explanation and instruction of each pose. Discover the amazing benefits of these elaborate and simple postures, and explore a fun and healthy activity to share together.

A Complete Guide on How to Teach Yoga to Kids in a Fun, Creative and Most Effective Way
YogaKids

A Yoga Story for Kids
My First Yoga

A Kids Yoga Colors Book
The Jaguar Smile

A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities

The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength

A little boy begins taking yoga lessons at the zoo, where he learns that he can mimic the animals there with simple yoga poses. When he returns home after his lessons, he practices with his cat, Nino. With an illustration of each animal pose and a description of how to do it on each page, this enchanting book makes the perfect instruction guide for even the smallest yogi.

“One of the simplest yet most comprehensive yoga books to be published in recent memory, Miller’s work could become a classic . . . appropriate for all levels.” —Publishers Weekly From the bestselling author of The Yoga Deck comes Essential Yoga—the only hatha yoga book to offer this many poses (over 100), this many illustrations (over 180), and this many suggested sequences (over 50). Focusing on the poses themselves, it provides clear, concise instructions and detailed illustrations for each. It also includes six classic moving meditations (such as Sun Salutation and Camel Vinyasa), ten beginner-to-advanced sessions, and 48 mini-sequences designed to build strength for specific activities or alleviate health problems. Essential Yoga combines physical poses (asanas), breathing exercises (pranayamas), and meditations (dhyanas) into a simple and complete reference guide for yoga practitioners of all levels. Along the way, author Olivia Miller provides guidance on proper technique and alignment; modifications for beginners or those with knee, neck, or back pain; suggestions for preventing injury; and ways to keep a regular practice interesting and active.

Yoga has never been so fun - more than 150 yoga activities for a parent and child to enjoy together.

What you will learn in this book : 1- Become a kid again and teach yoga to children in fun, creative & magical ways! 2-How to design fun, diverse and unique yoga sessions for kids in different age groups. 3-All you need to know about how to be a unique and most Effective yoga kids instructor. 4-How to behave when facing challenges with the way kids might behave in the class in the most constructive and compassionate way. 5-How to introduce yoga postures and breathing exercises to kids and conduct fun,diverse and impactful games. 6- Inspiring stories and practical tools to take children into the world of meditation and relaxation 7-Lots of bright ideas on how to invite children to silence 9- You’ll learn how to begin and end a session in the most effective ways. 8-Also you’ll learn about : Storytelling,poems,role playing,Fun games, chakra healing, colors and their effects, partner yoga, lots of groups and cooperative games,Anatomy & so much more. By choosing to take this journey you’ll : Play, Laugh,Relax,Learn & Teach yoga to kids!

Yoga for Children

Get Into Yoga

I Am the Tree of Life

Yoga for Kids and Their Grown-Ups :\$n100+ Fun Yoga and Mindfulness Activities to Practice Together

Simple Animal Poses for Any Age

Yoga with Your Child

Yoga Collection Book For Kids

How One Man Wiped Out His Debts and Achieved the Life of His Dreams

Doing yoga with your child is a special way of spending time with them. Yoga for Kids offers simple guidance for playful activities to help you bring the benefits of yoga and mindfulness into your child’s life. Regardless of your own skill level, Yoga for Kids has practices and techniques that you and your child will be able to enjoy.

100 Yoga Activities for ChildrenEasy-to-Follow Poses and Meditation for the Whole FamilySimon and Schuster

The innovative YogaKids® program offers more than just poses: It blends traditional yoga and its benefits with new theories of multiple learning styles in a comprehensive, imaginative, and playful approach to education. The best-selling YogaKids® video (a Parent’s Choice award winner) has been helping kids—and their parents—discover the pleasures and benefits of yoga for more than seven years. With this book, Marsha Menig’s fun and child-friendly course is expanded and enriched for parents, teachers, and caregivers. YogaKids® presents a more advanced, carefully selected poses, in clear, easy-to-follow, color photographs, paired with special activities that stimulate children’s verbal, spatial, and artistic skills. The book includes special yoga routines to cover a multitude of common situations, such as calming down, getting ready for a test, or even riding in a car, well as help for children with special needs. Parents learn the physical and emotional benefits of each pose; children discover that learning is fun, that exercise feels good, and that taking care of their bodies is easy.

• Designed for kids and adults to use together • Integrates yoga with verbal, spatial, and mathematical learning • Follow-up to the best-selling YogaKids® video, a Parents’ Choice award winner • Two new videos to be released this fall • National author tour • National print and broadcast publicity • Online marketing

Designed for children ages three and up, offers sixty-eight exercises and games based on traditional yoga exercises to help improve flexibility and motor skills and develop confidence and awareness.

Yoga for Big Hearts and Little Hands

Empower Kids for Life Through Yoga

Simple First Steps in Yoga and Mindfulness

Kids Yoga Class Ideas

A Pose-by-Pose Bedtime Story

My Jewish Yoga Book

Fun and Simple Yoga Poses for Babies and Toddlers

Educating The Whole Child Through Yoga

Children and adults will enjoy this practical handbook of hatha yoga poses for children. This book provides 100 plus playful activities that can be done in a yoga studio, classroom, or living room. Children of all ages will gain a unique perspective about breathing practices, circle practices, seated poses, standing poses, balancing poses, mindfulness, family practices, and peace practices. Even a seasoned yogi will find something new in this handbook of hatha yoga poses for children.

Teach your kids about yoga and mindfulness with this mindful yoga activity book. Yoga activities are a great way to teach children about relaxation, meditation, and peace—while having fun at the same time. This book is packed with yoga activities for kids and mindful games. Kids can stretch into tree pose, bend into butterfly pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences. With more than 50 poses and activities, Yoga for Kids has everything you need to know about yoga for children. Children are guided through each pose, to make sure they achieve maximum fun and mindfulness in their yoga practice. Parents are given notes on each pose, to let them know what benefits it brings and how

to stay safe. Yoga for Kids shows that supporting a child’s positive mental health doesn’t need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get moving while having fun.

Fun and healthy yoga exercises for kids and adults. Many children do not instinctively understand the importance of relaxation and meditation. It can be a difficult concept to grasp for someone at a young age. Yoga can be an accessible and fun way for children to learn the advantages of de-stressing and relaxing. By starting yoga early, your children will develop the releasing mental and physical tension. With the fun activities featured in this book, learn one hundred ways to introduce them to this healthy exercise, which could develop into a lifelong practice. Included in this book are sections discussing: • Relaxation • Meditation • Breathing • Mudras (Sanskrit for ‘gesture’ or ‘attitude’) • Standing and sitting postures • Elongated Yoga Activities for Kids Features full-color illustrations and diagrams on every page to aid in the explanation and instruction of each pose. Discover the amazing benefits of these elaborate and simple postures, and explore a fun and healthy activity to share together.

A Complete Guide on How to Teach Yoga to Kids in a Fun, Creative and Most Effective Way
YogaKids
Yoga Animals

50 Fun Yoga Activities for Kids and Grownups

Go Go Yoga for Kids

Breathing Practice To Build Emotional Health: Good Night Yoga

Go Go Yoga Kids

100+ Ideas for Supporting Children with Dyslexia

Adorable animal photos and lyrical text guide kids step-by-step through easy animal-inspired yoga poses in a cute and calming bedtime poem. Roar like a lion! Arch like a kitten! Stretch like a cobra! Did you know that many yoga poses were inspired by animals? Let these creatures inspire your young ones to adopt a playful new bedtime practice, designed to help them stretch their bodies, unwind their minds, and relax into sleep. Simple step-by-step instructions explain the kid-friendly moves. Kids will get a kick out of the accompanying photos of animals that mimic each pose. And the sweet poem is sure to lull them into a dreamy state. The foreword by Tara Stiles, founder of Strala Yoga, reminds us that we’re never too young to start enjoying the health benefits of yoga and mindfulness. Animal Yoga is the perfect intro to this ancient practice - great for engaging (and quieting!) a class, reading aloud one-on-one, or helping restless little ones fall asleep at bedtime or naptime.

Readers will reach to the sky in this important book, which introduces children to yoga using reader-friendly text and clear, step-by-step instructions. From breathing techniques and meditation to yoga poses and flows, readers can explore the mind-and-body benefits of practicing yoga regularly. Dynamic photographs support instructions, offering a clear guide to the practice. Get Into Yoga also introduces readers to the important practice of mindfulness, which helps children manage stress and take charge of their emotions.

This practical guide provides anyone supporting children and young people with dyslexia with more than 100 great ideas for reinforcing their learning development. This second edition is up-to-date with the latest research and best practice on dyslexia, and includes a brand new section on differentiation in the classroom. There are also lots of additional ideas on topics including: • emotional literacy • peer support • periods of transition in the child’s school life • developing phonic skills; and • exam preparation This book of ready-to-use activities and strategies is perfect for the non-specialist teacher in need of extra guidance, but will also offer new ideas and insights to SENCOs, head teachers, parents and carers and anyone else working with a child or young person with dyslexia.

Cards Yoga poses by Annie Buckley

Kid’s Yoga Deck

Maria Explores the Ocean

Easy-to-Follow Poses and Meditation for the Whole Family

The ABCs of Yoga for Kids

A Handbook of Yoga Poses for Children

Yoga for the Special Child

Yoga for Kids and Their Grown-ups

An Illustrated Guide to Over 100 Yoga Poses and Meditation

Teaching children about yoga and mindfulness has never been so easy! Yoga for Children—Yoga Cards offers children a fun approach to learning with a trusted and attentive instructor—you! Complete with full-color, easy-to-follow photographs and step-by-step instructions, this interactive deck includes more than 50 cards divided into four color-coded categories: Mindful Me mindfulness activities, Time to Breathe breathing exercises, Strike a Pose yoga poses, and Rest & Relax relaxation exercises. Whether you’re a parent looking for a fun activity for you and your child, or an educator, occupational therapist, or kids’ yoga teacher interested in a wonderful new resource, this deck is the perfect way to share yoga and mindfulness with children. Together, you’ll enjoy the many benefits of the various activities while—most importantly—having fun!

This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, Go Go Yoga Kids is the book for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games. 2 Over 100 fun and creative yoga games and activities? 15 ready to use lesson plans? Ways to bring mindfulness and awareness to all children? Yoga photos and pose illustrations? Easy ways to incorporate yoga in the school setting for all types of learners and abilities? How to get your kids involved with yoga at home? Tips on working with teens and tweens? Partner poses, balance activities? More resources to help kids learn about yoga.Go Go Yoga Kids details everything in an easy to follow format that will help you successfully teach yoga to kids of all ages. It is the only resource you will need to inspire children in a healthy and lifelong way.

Dive in to learn about Pacific Ocean animals through ocean yoga poses for kids! Join Maria as she explores the ocean with her granddad. Glide like a manta ray, float like a jellyfish, and cruise like a parrotfish. Learn what’s under the water, act out ocean animals, and practice colors! Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This yoga book for toddlers and preschoolers (ages 2 to 5) is more than a storybook, but it’s also a unique experience for children.

The Delany Sisters’ First 100 Years

Yoga Bug

The Big Book Of Yoga Lessons For Children

Having Our Say

Essential Yoga

Mindful Kids

Fun and Fitness with Postures, Movements, and Breath

Introduce children to the benefits of yoga through play Yoga is loved the world over for how it can build physical strength, promote mindfulness, and inspire calm. With a variety of engaging exercises, guided poses, and stimulating games, this yoga book for kids teaches young yogis the virtues of yoga through play while helping them build physical strength, flexibility, and balance. Make yoga for kids fun and easy with: Kid-friendly instructions–Simple guidance and illustrations show kids all the techniques they need to master different poses and have a blast doing it. Lessons in independence–Discover methods of solo play and meditation that will help build skills in mindfulness and self-confidence. A regular routine–Give kids the foundation to create a regular yoga practice with poses perfect for starting the day, sustaining energy, and winding down for a restful night’s sleep. Help kids develop strength, reduce stress, and find calm—all while having fun—with this kids’ yoga book.

Struggling with debt? Frustrated about work? Just not satisfied with life? The Simple Dollar can change your life. Trent Hamm found himself drowning in consumer debt, working in a job he couldn’t stand... and figured out how to escape that debt and build the fulfilling career he’d always dreamt about... all at the same time. Hamm shared his experiences at TheSimpleDollar.com—and built it into one of America’s top personal finance websites. Now, The Simple Dollar is a book: packed with practical tips, tools, and lessons you can use to transform your life, too. This isn’t just ‘another’ personal finance book: it’s profoundly motivating, empowering, practical, and 100% grounded in today’s American realities. Trent Hamm will show you how to rewrite the rules, creating healthier relationships with money... and with your loved ones, too. With his help, you can get out of debt, start moving forward, and build the strong personal community that

offers true happiness—no matter what happens to the economy. • Escape the plastic prison, and stop running to stand still! 5 simple steps to eliminate credit card debt... and 5 more to start moving forward • Shift your life’s balance towards more positive, stronger relationships Learn how to put the golden rule to work for you. • Discover the power of goals in a random world Then, learn how to overcome inertia, and transform goals into reality • Navigate the treacherous boundaries between love and money Move towards deeper communication, greater honesty, and more courage Flutter, wiggle, jiggle—it’s never too early to introduce children to the fun and healthy joys of yoga! Flatter like a butterfly. Twist and turn like a grasshopper. Wiggle, jiggle, and giggle like a beetle. Kids love bugs—and what better way to get them excited about yoga than with the help of our multi-legged friends? This delightfully illustrated board book brings the fun and benefits of authentic yoga practice to infants and toddlers. Yoga Bug guides children through ten authentic yoga poses named after insects that unfold in an irresistibly whimsical flow of play, imagination, and movement. Kids will want to return to them again and again. Learning to love and accept our bodies, building lifelong attention, and self-soothing when distressed—when it comes to the benefits of yoga, you can’t get started too early. Now, with Yoga Bug, parents, teachers, and caregivers have a perfect way to help children do just that. Includes a parents’ guide to the source yoga poses and helpful tips.

Two sisters recall their lives together, discussing their success as African American professional women during the Harlem golden age

Yoga for Children–Yoga Cards

Principles of Teaching Yoga to Kids

Get Started With Teaching Kids Yoga: Yoga For Pain Relief

Yoga Games for Kids

150 Yoga Moves to Enjoy Together

Yoga

50 Poses and Games

A Complete Illustrated Guide to Yoga : Including a Manual for Parents and Teachers

Kids love yoga—and it’s great for them, so much so that the President’s Council has added the practice to the fitness activities in the annual President’s Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents Good Night Yoga, a playful yet wholly practical book for preparing for sleep. This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature. Moving from “Sun Breath” to “Cloud Gathering” to “Ladybug & Butterfly” and more, readers learn techniques for self-soothing, relaxing the body and mind, focusing attention, and other skills that will support restful sleep and improve overall confidence and well-being.

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.

200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

30 Fun Activities to Encourage Mindfulness, Build Strength, and Create Calm

A Nicaraguan Journey