

## Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

**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.**

**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.**

**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 Ghannam 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.**

**From the creators of Good Night Yoga and Good Morning Yoga comes Yoga Friends: A Pose-by-Pose Partner Adventure for Kids. This beautifully illustrated 36-page book introduces the delights of partner yoga to children. For teaming up with a friend, sibling, parent, or caregiver, each easy practice shows how cooperation helps us to imagine, move, and have fun in whole new ways. Includes a back-page guide for parents and caregivers that explains the purpose and benefits of each pose—and how to connect them into an easy-to-follow ?ow.**

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

**Yummy Yoga**

**Yoga Friends**

**Fun and Fitness with Postures, Movements, and Breath**

**Creative Yoga for Children**

**How to Use Your Breath to Change Your Life**

**100+ Fun Yoga and Mindfulness Activities to Practice Together**

**50 Activities for Calm, Focus and Peace**

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.

**Yoga Pretzels** 50 Fun Yoga Activities for Kids and Grownups Barefoot Books  
Roar like a lion! Stand tall as a mountain! Sail a boat through wild waters! Kids Yoga is a beautifully illustrated children’s guide to yoga, which can be enjoyed by even the youngest of beginners. Starting with simple activities, it takes your child through a simple exercise routine. It is perfect for keeping growing bodies healthy and fit, and young minds engaged and focused. The poses included are based on the ancient art and practice of yoga, which seeks to bring mind, body and breath into harmonious alignment. Children can enjoy poses influenced by nature and animals, and have lots of fun experimenting! Kids Yoga will leave them calm, grounded and ready for anything: play, study, or just relaxing. Introduces the philosophy and poses of yoga with the help of photographs, stories, and movement games.

Yoga Exercises for Teens

My Daddy is a Pretzel

The Best (Ever) 52 Yoga Games to Teach in Schools

The Path to Holistic Health

50 Poses and Games

The New York Giants Story

This Moment Is Your Life (and So Is This One)

*The early days of the New York Giants helped the NFL become what it is today: America’s most popular sport. Representing New York City, the Giants boast a huge fan base. In 2008, Eli Manning led the Giants to victory in a huge Super Bowl upset against the New England Patriots. Explore the history behind one of the NFL’s most recognized teams in this title for young audiences.*

*Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit [www.littlefloweryoga.com](http://www.littlefloweryoga.com).*

*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. A playful and easy way to teach yoga.*

*50+ Yoga Poses and Mindfulness Activities for Healthier, More Resilient Kids*

*The Best Damn Workout on the Planet!*

*Yoga*

*Breathwork*

*Yoga Games for Children*

*Dino Yoga*

*A Pose-by-Pose Partner Adventure for Kids*

If there's one obstacle to selling wellness books to guys, it's this: none of them are written by professional wrestlers. In the nick of time, the one and only DDP- Diamond Dallas Page-steps out of the ring and onto the mat to offer Yoga for Regular Guys. Most yoga books marketed to men are earnest and straightforward. Yoga for Regular Guys brims with guy humour and an extremely irreverent attitude but still manages to pack in a legitimate, comprehensive and rigorous introduction

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

to real yoga practice. The foreword is written by Rob Zombie of the band White Zombie.

Get ready to yoga! Parents, caretakers, teachers, and children alike will love the simple and fun poses in Yoga for Littles. The 50 cards can be used as standalone poses or combined in endless customizations. Poses include banana, bumble bee breath, bridge, frog, mountain, happy baby, garland, lion, palm tree, five-pointed star, and more. The deck also includes a booklet that provides 50 flows that will help you manage anger, strengthen memory, release the fidgets, connect to nature, soothe anxiety, and so much more! Join in a healthy and fun series of easy yoga poses with Yoga for Littles.

Travis sets no limits to what he enjoys doing. Shopping and football, ballet and dress-up make Travis a one of a kind boy! But when some of the kids on the playground begin to pick on him, Travis truly dazzles. This empowering story encourages both boys and girls to challenge the social norm, revealing their true selves.

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.

Global Kids

A Pose-by-Pose Bedtime Story

Fly Like a Butterfly

Meditations for Body, Mind, & Spirit

Sitting on a Chicken

Sparks of Divinity - Teachings of B. K. S. Iyengar

50+ Games, Crafts, Recipes & More from Around the World

Describes over one hundred exercises and yoga positions to help strengthen muscles and release tension for teenagers, providing guidelines for exercises to be performed alone, with others, or with music.

Dig in, explore the garden and have fun indoors and out! Fifty easy-to-follow activity cards in 5 engaging categories invite children to learn not just the basics of gardening, but also new ways of looking at nature. Updated and expanded edition. Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. Divided into five elements, Connect, Breathe, Move, Focus and Relax, this card deck is a comprehensive yet accessible tool kit for children themselves, as

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

well as for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: \* Heart and Belly Breathing \* Feeling my Strength \* Grounding in the Present \* Managing Anxiety \* Relaxing and Restoring

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.

Safe Practice for Expectant & New Mothers

Yoga For Kids

Yoga Adventure!

Feel calmer, stronger, happier!

Yoga for Parents and Kids

Good Night Yoga

Inspiring the Whole Child through Yoga, Songs, Literature, and Games

**Cards w/yoga poses by Annie Buckley**

**Now beginners, experts, and teachers alike can make rejuvenating meditations part of daily life with this beautifully illustrated deck of fifty yoga poses and meditations. Each easy-to-use card gives detailed instructions, benefits, and an affirmation. If you're short on time, you can pick just a single card, or for a more guided experience, follow one of the sequences provided. Create an exercise routine that focuses on your specific needs. In the park or at the office, these portable cards are perfect for stress relief, promoting strength and energy, and relaxation--anytime, anywhere.**

**Meet four adorable dinosaurs who love to do yoga, and they're here to show you how you can do it too! Dino Yoga is a charming and fun illustrated guide that teaches young children how to do yoga with easy-to-follow, step-by-step instructions that explain how to perform all the basic yoga poses. With each yoga position is also a kid-friendly tip on how to better handle their emotions and personalities, including how to relax, how to focus, how to be calmer, and more. A great way to introduce children to this mindful and meditative practice, as well as something you can do and enjoy together as a family, this must-have yoga for kids book is perfect to take them away from their screens and experience all the benefits yoga has to offer!**

**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**

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

**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.**

**Yoga Pretzels**

**Mindful Kids**

**Santa's Furry Helpers Coloring Book**

**Cute Christmas Holiday Coloring Book**

**Yoga for Children**

**Iyengar Yoga for Motherhood**

**Simple First Steps in Yoga and Mindfulness**

Storytime Yoga enlightens young minds with the magic of yoga while recounting some of the world's most delightful, instructive stories in a way that encourages literacy and vibrant physical health. Includes eight multicultural wisdom stories scripted with yoga poses, as well as instruction for relaxation and meditation using story. Designed for parents, teachers, and anyone interested in working with kids from Pre-K through 6th grade, it is packed with inspired and yet practical information.

Sita says her mommy s a marine biologist. Sometimes, my daddy s a fish.

These adorable kitties, puppies, and other critters may be on the "naughty" list--but they're still really cute! Have yourself a furry little Christmas with this heartwarming coloring book featuring happy pets in festive settings. Banish holiday stress from your mind as you focus on the sweet expressions of these beloved creatures, ready to color with markers, colored pencils, gel pens, or watercolors. Printed on one side only of extra-thick artist paper, each design is matched with an inspiring Christmas quote. Pages are perforated to detach easily for gifting or display.

Learn fitness, healing and mental clarity through this illustrated, step-by-step guide to hatha yoga, suitable for all ages and physical conditions, that features full 360-degree views of a variety of classic poses.

**Yoga for Regular Guys**

**Kids' Garden**

**Kids' Yoga**

**A Wild Introduction to Kid-Friendly Poses**

**50 East-to-follow Guided Flows for You & Your Little Yogi**

**Yoga for You**

**50 Fun Yoga Activities for Kids and Grownups**

*With its allopathic medical vetting, and more than 400 illustrations, this guide is intended for every yoga instructor, mother-to-be, and new mum who wants to continue her practice. It features instructions and hints, notes on the position's positive effects and contra-indications, and advice on "checking yourself" for proper form and technique. "Simple yoga practices to help kids move through big emotions"--Container.*

*Joining bestselling Mindful Kids and Yoga Pretzels, Global Kids expands the scope of Barefoot's innovative activity card decks by inviting children to participate in 50+*

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

*crafts, food, games, festivals and community service activities from around the world.*

*Children travel around the world practicing yoga poses.*

*Little Yogi Deck*

*A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*

*The Yoga Deck*

*A Fun and Easy Guide to Mindfulness, Meditation, and Yoga Storytime Yoga*

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

*Little Flower Yoga for Kids*

Fun, confidence-building yoga exercises kids can master themselves or with friends. Yoga for You encourages children and teenagers to get up, get active, and build confidence and self-esteem through a basic introduction to yoga and its many sequences and poses. Learn two yoga sequences with 35 fully explained and illustrated poses: one for getting pumped-up and energized, the other for de-stressing and relaxation. With Yoga for You, kids of all ages can get started with yoga, a way to exercise, meditate, and gain a better sense of personal well-being.

Harness the power of your breath to nourish your mind, body, and spirit. For anyone in search of peace, clarity, and calm, Breathwork is an all-levels handbook of breathwork techniques—the practice of combining breathing exercises with meditation. Decrease anxiety, foster energy, and build awareness using breathwork traditions. • Covers foundational breathing techniques from a range of traditions—including Zen breathing, Somatic breathing, and Holotropic breathing • Teaches simple-to-follow breathing exercises that you can do on your own • Unintimidating and highly accessible to beginners With practices for energy, healing, awareness, stress relief, and more, this all-levels guide gives you everything you need to find balance and clarity. All you need is your breath to foster health and happiness. • The perfect book for anyone seeking simple self-care techniques to help for their mind, body, and spirit • A useful skill to learn and pair with other mindfulness practices, such as meditation and yoga • Great for readers who enjoyed The Little Book of Mindfulness by Patricia Collard, Calm by Michael Acton Smith, and The Healing Power of the Breath by Richard Brown A wildly imaginative introduction to yoga and nutrition by bestselling author, professional nutritionist, and beloved TV personality Joy Bauer Written by beloved health expert Joy Bauer, Yummy Yoga is a fun and fresh introduction to yoga and nutrition. Playful photographs feature a diverse group of kids demonstrating yoga poses. On the opposite sides of the spreads, imaginatively sculpted fruits and vegetables mirror the same poses! Lift the gatefold flaps to find simple, child-friendly recipes incorporating all of the healthy ingredients featured in each photo.

## Download Free Yoga Pretzels: 50 Fun Yoga Activities For Kids And Grownups (Yoga Cards)

"A hands-on guide to mindfulness for teens and tweens, with focuses on yoga, breathing, meditation, and everyday practices"--

Teaching Yoga to Children Through Story

Dazzling Travis

Simple Yoga Practices to Help Kids Move Through Big Emotions

Yoga for Children--Yoga Cards

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

Yoga and Mindfulness Practices for Children Card Deck

Yoga Games for Kids

**The expressive-eyed furry friends depicted in the artistry of acclaimed illustrator Kayomi Harai have a wonderful way of capturing hearts. Now her delightful felines are even melting Santa's heart in this adorable Christmas coloring book. Kayomi presents dozens of festive yuletide kitties, ready to color with markers, colored pencils, watercolors, or gel pens. She also provides many beautifully colored finished examples, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. Each design is printed on one side only of archival-grade, acid-free, 200-year paper. Each perforated page detaches easily for gifting or display. If you love cats and you love Christmas, get ready for hours of relaxing creativity.**

**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.

The best way to teach yoga to children is with games. With 52 vibrant, easy-to-follow yoga games requiring no previous yoga experience, this book will enable you to help children become better listeners, take responsibility, gain self-control, improve behaviour, become assertive and improve self-esteem and confidence. Within these pages Michael Chissick has distilled nearly twenty years' experience of teaching yoga to children aged 3-11 in mainstream and special needs schools. He explains the ideal yoga lesson structure to transform your children's behaviour: you will learn which games to teach, when to teach them and how to teach them, and how the additional benefits of improved co-ordination, flexibility, fitness, self-calming and relaxation can be accessible to all children regardless of impairment, need, culture, shape, mood or size.

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!

**Yoga for Kids and Their Grown-ups**

**Playful Poses and Tasty Treats**

**Yoga Animals**

**Yoga for Littles**

**Kid's Yoga Deck**

**Developing a Calmer Mind and a Stronger Body**