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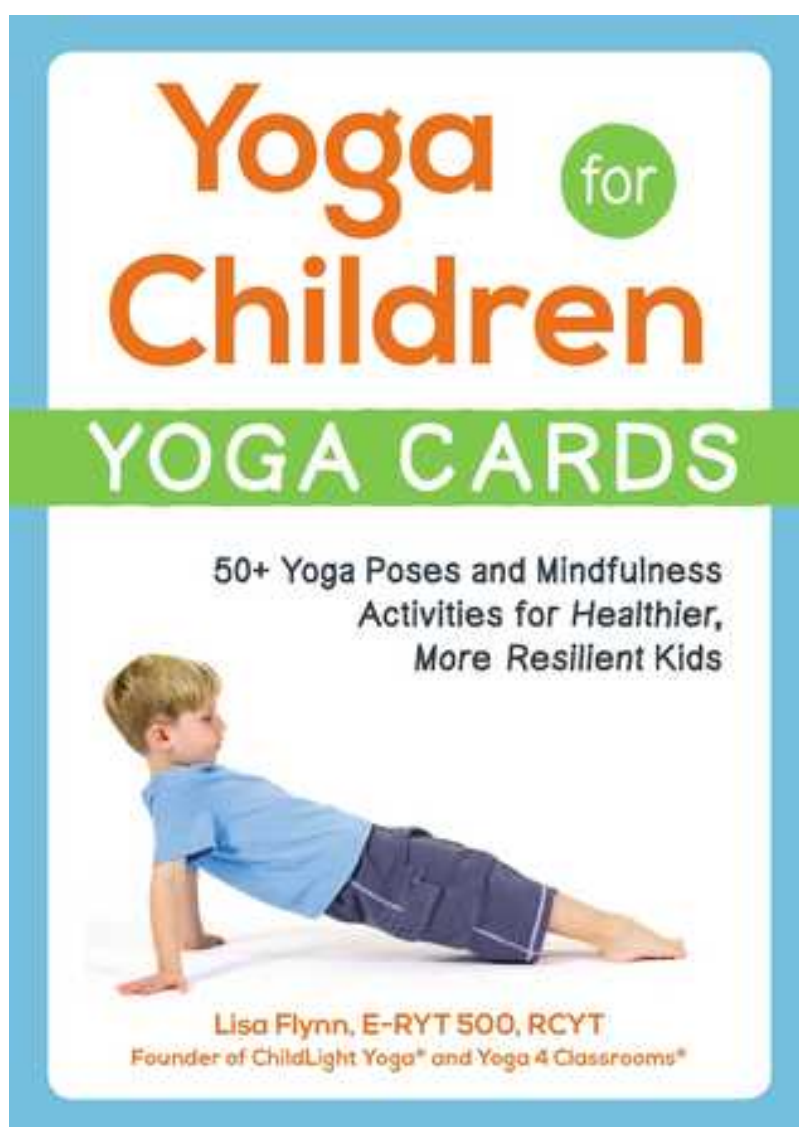


Lisa Flynn, E-RYT 500, RCYT
Founder of ChildLight Yoga® and Yoga 4 Classrooms®

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SYNOPSIS

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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 Children--Yoga Cards: 50+ Yoga Poses and Mindfulness Activities for Healthier, More Resilient Kids* **popular book online top (hyyjui0986u7676)**

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