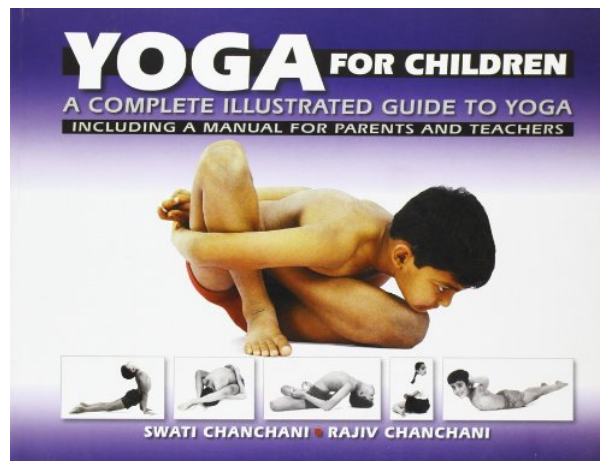
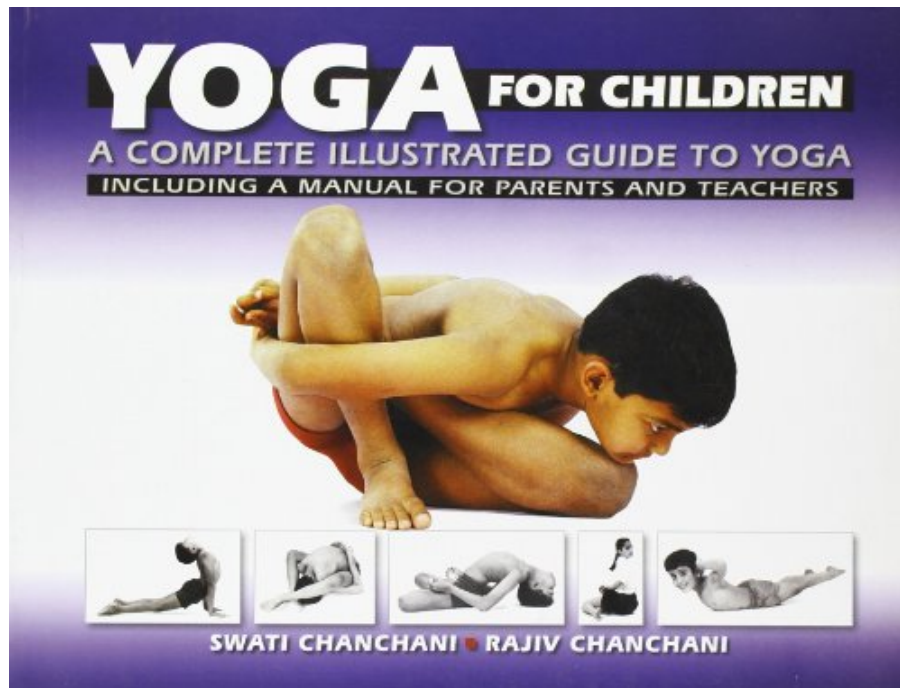


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As yoga becomes more popular throughout the world, there is a pressing need for a good book on Yoga for children, which is authoritative, appealing, informative and enjoyable. Yoga For Children fulfills this need admirably. It traces the roots of Yoga in mythology and legend, and includes many stories and tales bringing out the quality of, and inspiration for, the postures. It also stresses the links of the postures to the natural world - trees, mountains, flowers, animals. The book lays emphasis on the universal moral and ethical values implicit in the practice of Yoga such as non-violence, truth, self-discipline, simplicity and contentment. Besides, it highlights the geometrical forms and precision in the postures, so that children can relate to these abstract concepts through what they have learnt in their body movements. Each Yoga posture is explained through photographs, drawings, stories and detailed instruction with figures illustrating several stages in performing the posture. Important 'dos and don'ts' and the benefits of each posture are also given. The highlight of the book is a detailed section meant for parents and teachers comprising specific guidance on keeping the children practising Yoga creatively, enjoyable and safely.

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- Dimensions: 8.50" h x 11.25" w x .50" l, 1.06 pounds
- Binding: Paperback
- 176 pages

Features

- Used Book in Good Condition

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5 of 5 people found the following review helpful.

Classic, Professional and Fun

By CWN

I have read, used and gifted this wonderful gem of a book several times. The authors are expert Iyengar yoga teachers, who have embedded a skillful presentation of yoga into the ancient Indian traditional stories of divine presence in human lives. Steeped in Indian culture (literary, mythological and philosophical), the book melds a trinity of a simple, concise knowledge of yogic practice, a storyteller's enchantment and an artist's illustrative drawings --- all appropriately suited to the elementary school child. This book is actually appropriate for all ages and all cultures. My great niece loves the book, and at the age of eight, is on her way to becoming a skilled and lifelong student of yoga!

1 of 1 people found the following review helpful.

Excellent Yoga Technique for Children (and adults).

By Sundarani

This is an excellent book for children (and even adults).

There is a wide variety of postures, great explanations and photos, and stories for each posture.

There is a graded section as well, if one wishes to begin with the easier postures first.

I highly recommend this book for children or ANYONE who is interested in yoga.

Very useful for yoga instructors as well.

1 of 1 people found the following review helpful.

Good ananas, classical yoga, stories are good

By Kirsten Lyngsholm

It is a good book if you want to become a yoga teacher for children. You get into the yoga philosophie in an easy way, and get all the dramatic stories connected to the asanas.

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