



Creative Yoga for Children: Inspiring the Whole Child Through Yoga, Songs, Literature, and Games

By Adrienne Rawlinson

North Atlantic Books. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.3in. x 7.1in. x 0.6in. 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 books 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 books 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 childs 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...



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