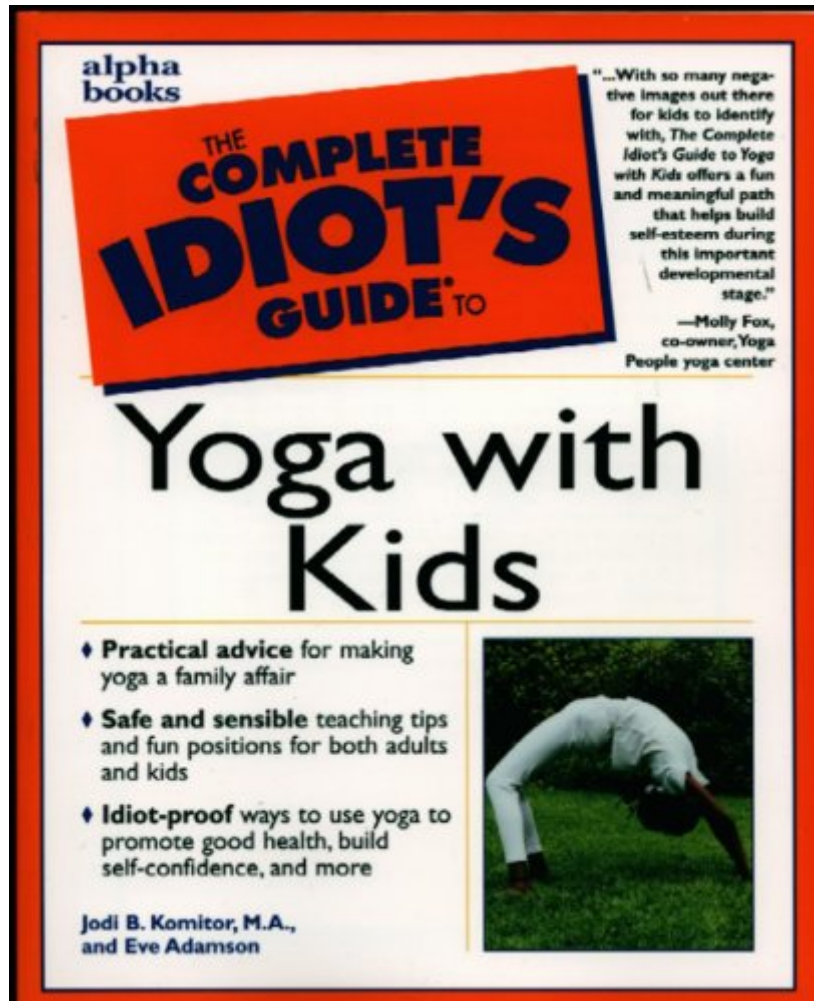


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# The Complete Idiot's Guide To Yoga With Kids



## Synopsis

Can you think of an activity that promotes concentration, motor skill development and self-confidence for kids? And, is fun and healthy for kids and adults to enjoy together? It's Yoga! With *The Complete Idiot's Guide to Yoga with Kids*, you can learn how to get kids interested and started in yoga, teach them how to stretch, concentrate and express creativity using their mind and body. This book is full of various stretching exercises, poses and activities for adults and kids to enjoy together or individually. Kids will love to use their imagination to pose as a tree, a tiger, a butterfly and many others!

## Book Information

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## Customer Reviews

I not only have read this book to gain the knowledge i needed to know about yoga for kids, but i have since put it to use with my 5 year old and what terrific results i've seen. My son is very over active and sometimes is uncontrolable. Through the things we've learned in this book, he is sleeping better, eating better, and is more content to relax than ever before. I highly reccommend this book to every parent who wants excellent results in the beauty of yoga.

i teach yoga to children and this is an awesome book, not only for reference when planning my lessons, but for my own practice as well. one of the best childrens yoga books out there.

I thought yoga would be boring, but it isn't! I read the whole book and did each of the exercises with my kids. My back is stronger than ever and my kids want to practice every day. If you have a little floor space and a little time, you can master yoga with this book. I think it is good for hyper kids too. They learn that exercise can be a calming experience. All in all, the kids like it even more than I do!

Although the title put me off at first normally these kind of books are great in their simple concise explanations so I ordered it anyway. I have to say it's an excellent book, I normally teach adults yoga and am just branching out into teaching children. However I am finding that I can take information from this book to use in beginners adult classes too as its simple, down to earth, no nonsense explanations of yoga make it a lot easier for students (at whatever age) to understand. An absolute must if you would like to teach yoga to children.

Jodi Komitor is a brilliant woman and a kidz yogini par excellence. The children and parents who visit her studio in manhattan are transformed. I even saw Krishna Das there putting kids into gleeful rapture at a kids' kirtan one afternoon. She is a special woman and a great author. This book is a gold mine of exercises and instruction. If you have a child, and you believe in yoga, you should get this book. Jodi's love for children and yoga comes through every page.

I thought this book was excellent--I'm using it with my four-year-old, who has learned all 5 yantras and is able to recite them. She loves doing the poses and it really changes her mood when she's grumpy. I only wish there were better pictures. Sometimes it is hard to follow the directions with no pictures.

I just started teaching toddlers and everything in the book works so well. I have learned so much and my kids are having so much fun! This book is very comprehensive. Jody is passionate about her work with kids! She is a real pro and her work with music and movement is a delight!

I found Jodi Komitor's *The Complete Idiot's Guide to Yoga with Kids* in Sydney, Australia, after I finished my yoga teacher training eight years ago. Even though the book, written by Jodi

Komitor and Eve Adamson, was published in 2000, the content is still relevant today and will accompany you on your kids yoga journey for years. The book refers to the yoga principles, which are thousands of years old, making the book timeless. I love the book's holistic approach to yoga, including character education, breathing techniques, physical postures, healthy lifestyles, and relaxation. And its tips for all ages make it an easy-to-read resource that you could come back to over again. Kids yoga teachers will find it especially helpful. This book offers plenty of gems for building a strong, confident foundation for introducing the benefits of yoga to your little ones. Giselle Shardlow Kids Yoga Stories Author of yoga stories for kids, including Sophia's Jungle Adventure

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