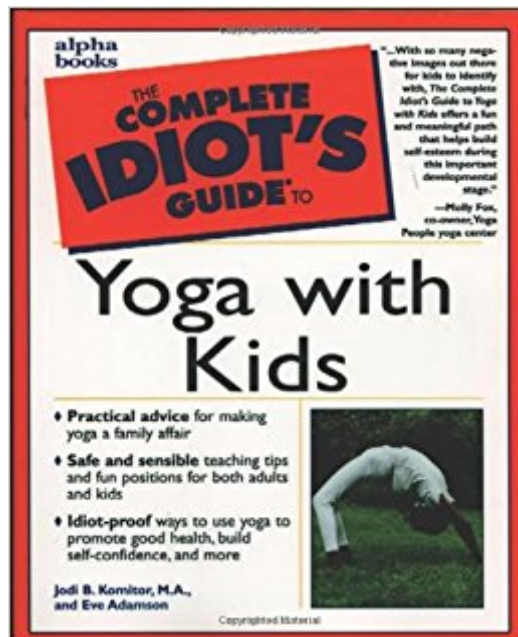




The book was found

# Complete Idiot's Guide To Yoga With Kids



## Synopsis

Kids will love to use their imagination to pose as a tree, a tiger, a butterfly, and many other positions to promote stretching, concentration, creativity, and imagination. With this instructive book, parents can experience the benefits and fun of yoga with kids today.

## Book Information

Series: The Complete Idiot's Guide

Paperback: 300 pages

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Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #358,833 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #914 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #13927 in [Books > Parenting & Relationships](#)

## Customer Reviews

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!

Jodi B. Komitar is an experienced writer on health subjects for parents and kids. She has published several articles and other books on various health subjects such as yoga, meditation, and massage, including three Complete Idiot's Guides. She holds a MFA in creative writing from the University of Florida.

I absolutely love this book! The title is a bit rubbish, but the content is amazing. It is clearly and

beautifully written in a way that is appealing to both adults and children who may be reading this book. It is well designed - each topic is carefully considered. I actually found the background and philosophy more helpful than the advice for actual yoga with children, but that's ok, as I'm a yoga teacher so didn't need help with that part so much.

Love this book. I teach kids yoga classes and I constantly turn to this book for ideas. Jodi really knows her stuff.

This book has nice descriptions and photos that show what the poses look like.

No comments.

Easy read with lots of great ideas for either teachers or parents or grandparents who want to do yoga with kids.

I haven't gone through the entire book yet, but it looks to have a little bit of everything for many age groups, which is just what I was looking for.

I admire Jodi and find this to be a great resource. This book reflects her deep understanding of children and their response to Yoga

a very hard to find book at an excellent price for its condition. my son loves it and sees the poses as play, relaxing for all and a lot of fun

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