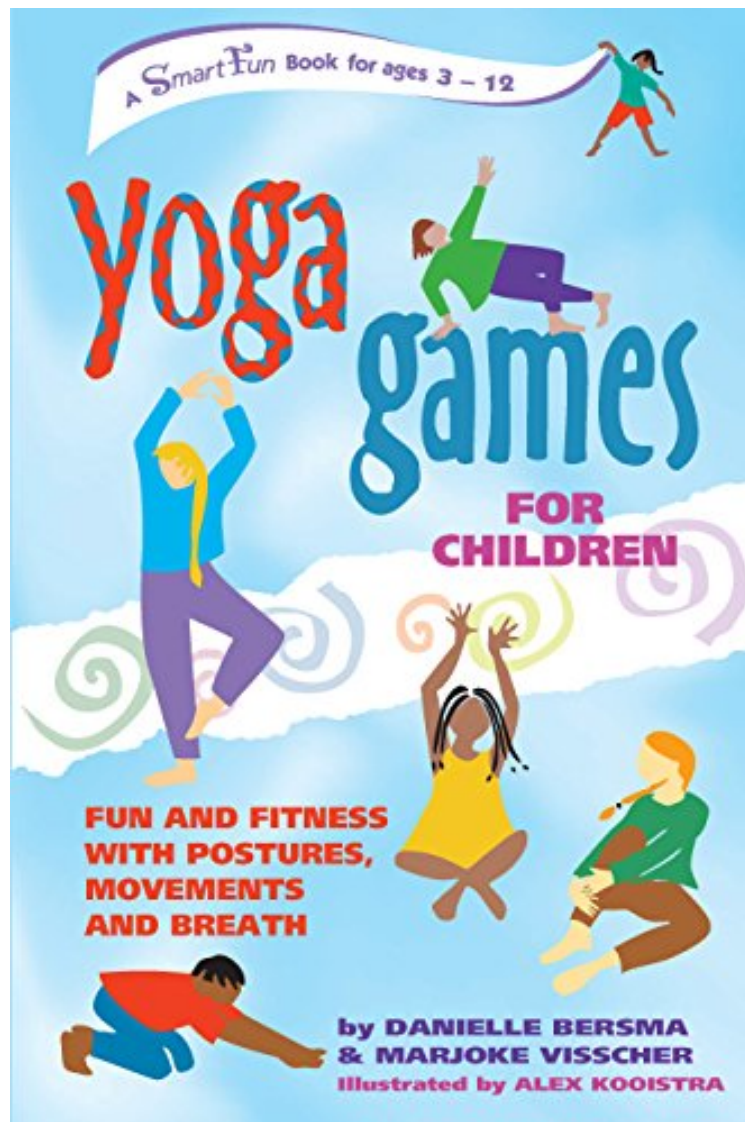


(Download free ebook) Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books)

Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books)

Danielle Bersma, Marjoke Visscher

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#18799 in Books Hunter HouseModel: 9780897933896 2003-04-25Original language:EnglishPDF # 1 8.90 x .50 x 5.90l, .0 #File Name: 0897933893160 pagesI created a class plan for a group of children with the average age being 8 years old and used this book as my primary resource. The children had such a great time playing these yoga games and digging deep into their imagination and creative side. I do not think the purpose of this book is to provide yoga theory and indept poses, but instead to suggest fun games that provide centering, focus and yoga theory based activities. This book can be used if you have no experience with yoga, but having an understanding of yoga works well so you can modify these games into a deeper yoga experience. The children especially liked the game of pretending to be different animals and make sounds. We were able to incorporate lion pose, cobra pose and others. During that game one of the boys

wanted to be a super hero. so we were able to do superman pose(lying on belly lifting legs and arms as if you were flying like superman and then making left and right turns through movement of our spines and arms.) and invent a spiderman pose(superman pose and adding movements with arms as if we were shooting webs) These are not in the book but if you have a background in yoga you can expand the games into more yoga based poses. I think its a great book! | File size: 74.Mb

Danielle Bersma, Marjoke Visscher : Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books) before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books):

0 of 0 people found the following review helpful. Great books.By CustomerGoing to use for work with nursing students. Great books.0 of 0 people found the following review helpful. Fabulous meditationsBy Heather Hamell love the meditations for! children - we all need to slow down and meditate! The guidance Counselor at my school will be purchasing a copy for the kids she works with too!0 of 0 people found the following review helpful. Valuable Kid ResourceBy CJalbertThis is a great resource for not only Yoga instructors but for Mom's who are looking for a few quick ideas to buy some time. I use it these games not only with my students in my Kid's Yoga class but at home when I need to get the dishes done and my son wants to go go go before I am ready. He loves these games, and my students love them as a nice little change of pace.

This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Language NotesText: English (translation) Original Language: Dutch