



YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages

By Mark Singleton

Download now

Read Online ➔

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton

This is a comprehensive introduction to the inspirational world of yoga for children. Mark Singleton adapts more than 40 yoga positions to make them safe, effective and fun for children. Practical and fun, the book contains everything you need to know to start practising yoga with your child. With the emphasis on safety and enjoyment, it shows how to make yoga sessions exciting, interactive and child-friendly by playing yoga games, going on 'yoga adventures' and imitating animal shapes, walks and noises. The instructions for postures and exercises are addressed to the children themselves, to make them as easy to follow as possible. As well as energetic physical poses, this book also adapts traditional yogic breathing techniques and meditations into fun exercises that calm and soothe the mind and help children sleep at night. It explores how regular yoga practice can help children learn more effectively and cope better with stress, as well as reduce symptoms of illness such as asthma and prevent posture problems in later life.

 [Download YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guid ...pdf](#)

 [Read Online YOGA FOR YOU AND YOUR CHILD: The Step-by-step Gu ...pdf](#)

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages

By Mark Singleton

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton

This is a comprehensive introduction to the inspirational world of yoga for children. Mark Singleton adapts more than 40 yoga positions to make them safe, effective and fun for children. Practical and fun, the book contains everything you need to know to start practising yoga with your child. With the emphasis on safety and enjoyment, it shows how to make yoga sessions exciting, interactive and child-friendly by playing yoga games, going on 'yoga adventures' and imitating animal shapes, walks and noises. The instructions for postures and exercises are addressed to the children themselves, to make them as easy to follow as possible. As well as energetic physical poses, this book also adapts traditional yogic breathing techniques and meditations into fun exercises that calm and soothe the mind and help children sleep at night. It explores how regular yoga practice can help children learn more effectively and cope better with stress, as well as reduce symptoms of illness such as asthma and prevent posture problems in later life.

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton Bibliography

- Sales Rank: #720516 in Books
- Published on: 2016-01-19
- Released on: 2016-01-19
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .60" w x 7.60" l, .81 pounds
- Binding: Paperback
- 144 pages

 [Download YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guid ...pdf](#)

 [Read Online YOGA FOR YOU AND YOUR CHILD: The Step-by-step Gu ...pdf](#)

Download and Read Free Online YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton

Editorial Review

About the Author

Mark Singleton is a qualified yoga instructor in the Iyengar and Satyananda traditions, with wide experience of teaching workshops and clubs for children. He trained in children's yoga at The Alice Project in India, a programme patronized by His Holiness the Dalai Lama. He has published extensively on modern yoga, including the first collection of scholarship on the topic, *Yoga in the Modern World* (2008), and the ground breaking study of the modern history of asana *Yoga Body*. His opinions on yoga have appeared (among other places) in *The New York Times* and *Yoga Journal*.

Users Review

From reader reviews:

Emile Guzman:

What do you ponder on book? It is just for students as they are still students or this for all people in the world, what the best subject for that? Simply you can be answered for that query above. Every person has different personality and hobby for every other. Don't to be forced someone or something that they don't want do that. You must know how great along with important the book YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages. All type of book could you see on many solutions. You can look for the internet sources or other social media.

Stephen Phelps:

This book untitled YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages to be one of several books in which best seller in this year, here is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book store or you can order it by way of online. The publisher on this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smart phone. So there is no reason to you personally to past this guide from your list.

Marylouise Potter:

In this period globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to you personally is YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages this guide consist a lot of the information with the condition of this world now. This book was represented how does the world has grown up. The language styles that writer value to explain it is easy to understand. Typically the writer made some study when he makes this book. That is why this book appropriate all of you.

Teresa Obannon:

You will get this YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages by browse the bookstore or Mall. Simply viewing or reviewing it might to be your solve issue if you get difficulties to your knowledge. Kinds of this guide are various. Not only through written or printed but can you enjoy this book simply by e-book. In the modern era such as now, you just looking from your mobile phone and searching what their problem. Right now, choose your personal ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still upgrade. Let's try to choose proper ways for you.

Download and Read Online YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton #Q0AYRF7LNX8

Read YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton for online ebook

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton books to read online.

Online YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton ebook PDF download

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton Doc

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton Mobipocket

YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton EPub

Q0AYRF7LNX8: YOGA FOR YOU AND YOUR CHILD: The Step-by-step Guide to Enjoying Yoga with Children of All Ages By Mark Singleton