



Go Go Yoga Kids: Empower Kids for Life Through Yoga: A Creative Guide for Introducing Kids to Yoga Through Movement, Games, and Fun

Sara J. Weis

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Discover the best book to help you teach yoga to kids. For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, *Go Go Yoga Kids: Empower Kids for Life through Yoga* is the book for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games.

By introducing kids to yoga they will learn lifelong skills that will help them physically and mentally throughout life. Yoga can easily be incorporated in the home, school, extracurricular activities, camps, and clubs--anywhere you find kids who are ready to learn and have fun!

Go Go Yoga Kids Includes:

- Over 150 fun and creative yoga games and physical education activities for all ages
- fifteen ready to use unique yoga lesson plans that will have kids engaged from the start
- Ways to bring mindfulness and awareness to all children
- Kid yoga photos and pose illustrations
- Easy ways to incorporate yoga in the school setting for all types of learners and abilities
- How to get your kids involved with yoga at home
- Tips on working with teens and tweens
- Partner poses, balance activities, group, and inversion teaching tips and ideas
- Sample parent communication ideas
- Examples of where and how to teach yoga for kids
- Books, music, and other fun resources to help kids learn about yoga.

This book details everything you need in an easy to follow, step-by-step format that will help you successfully teach yoga to kids of all ages. *Go Go Yoga Kids* is the only resource you will need to inspire children in a healthy and lifelong way.

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