

Review of “What I See, I Can Be: A Guided Yoga Flow for Children” Book & CD

By Aruna Humphrys

Thursday, January 27, 2011

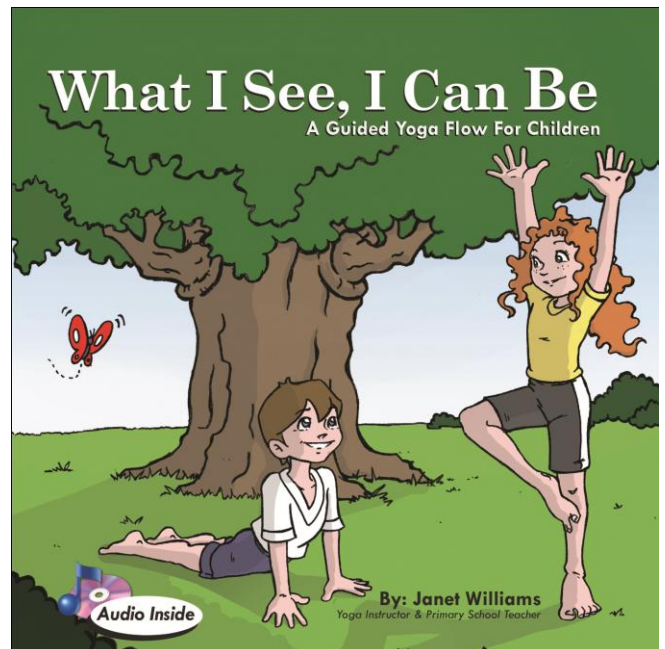
Posted on Young Yoga Masters Blog

<http://www.YoungYogaMasters.com/links/recommended-resources/>

For those looking for an easy resource to lead kids through yoga, this book gives it. “*What I See, I Can Be*” completely guides you through a children’s yoga class with easy to follow instructions and engaging pictures. It goes a step further by including a CD of the story.

The audio makes it easy to repeat the book and get the proper instructions while you are doing the yoga. It’s a great tool for children to use on their own or with an adult.

The website www.ChildrensYogaBooks.com also offers a DVD, poster, colouring book, and Teacher’s Manual. The best deal is to get one of the bundles. I’ve seen the poster in yoga studios that want to encourage yoga for children.



Bio: Aruna Kathy Humphrys has taught kids yoga since 1998 and offers “*Kids Yoga Teacher Training*” weekends. Her blog is read by thousands around the world. Her blog inspires teachers and parents to bring the gifts of yoga and meditation to children. You can download her free guide: “*The Essential Starter Guide to Teaching Kids Yoga*” at www.YoungYogaMasters.com