

Are You Concerned About the Children's Health Crisis?

According to "Eat Right Ontario" children have become more overweight and less active and are experiencing more obesity related health problems.

"It is a tragedy that **this generation** is going to have severe health problems down the road."

- Adrian Raeside
Author and Editorial
Cartoonist



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Book Your Interactive Yoga Presentation Today!

We teach children, parents, and teachers how to stay healthy and happy using Yoga. Ideal for Schools, Daycares, and Youth Groups. Our fun approach involves everyone!

- ◆ How to Teach Yoga to Children
- ◆ PD Day Sessions
- ◆ Wellness Events
- ◆ Daycare Staff Training
- ◆ Conference Workshops
- ◆ Yoga Birthday Parties





Janet Williams is a certified Primary/Junior Teacher, Yoga Instructor, and Author of the award winning book "What I See, I Can Be". Janet's mission is to promote healthy and active children, so that they may lead long, happy & healthy lives.


Her passion to protect the environment led to the choice to print all of the materials in Canada, on FSC certified environmentally friendly paper.


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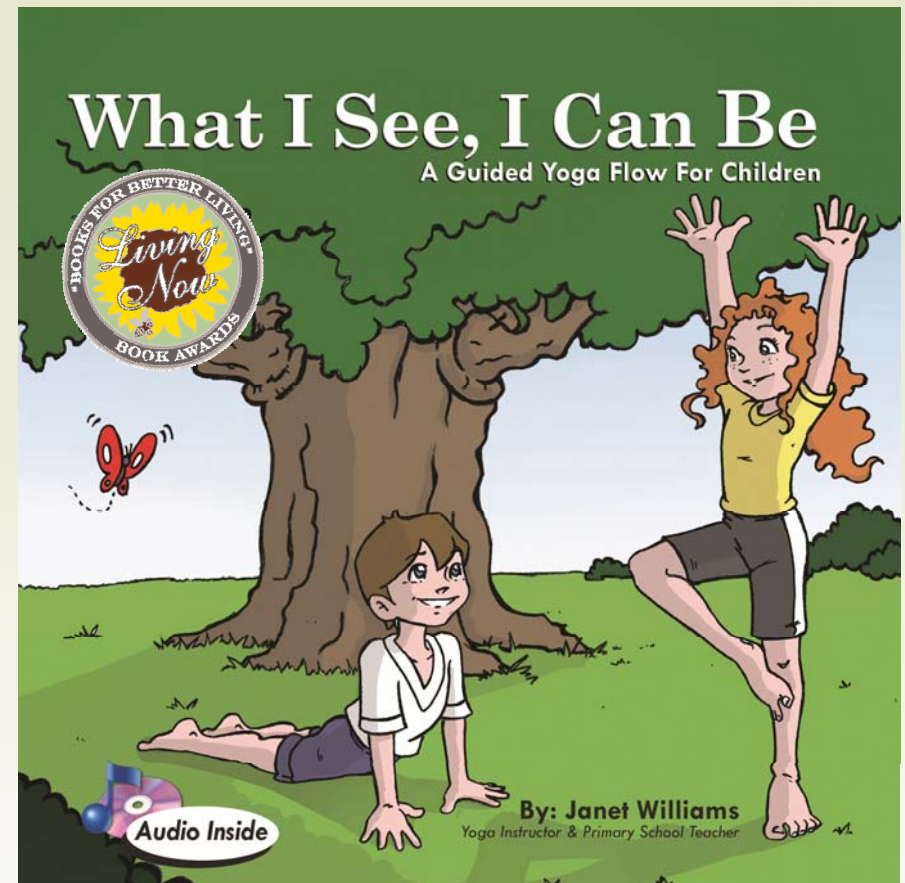
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+1 - 905-501-1927

Keep Your Children Healthy and Happy!



Award Winning Book Combining Yoga, Fitness & Fun!

This award winning book is excellent for **teachers and parents** who may or may not know much yoga and want to give their children a **low impact exercise activity** that doesn't require any special equipment and combines **fitness and fun!**

Teachers and parents can easily do this in classrooms, gyms, outdoors and in homes. Yoga improves children's flexibility, coordination, concentration skills, and increases their **Daily Physical Activity (DPA)**, making them healthier.

"An easy and innovative way for educators to provide children with a unique exercise experience."

- Ruth Augustine, Learning Resource Teacher, District School Board of Niagara

An Effective Teaching Resource for Classrooms, Homes & Yoga Studios

This hard cover book includes a CD and contains easy to follow instructions and illustrations.



What I See, I Can Be. I see a Tree. I can be a Tree, standing tall and true.



I place one foot on my lower leg to make a sturdy tree trunk. I grow roots from the bottom of my foot deep into the earth. My arms come up like branches reaching up into the sunlight. Sometimes as I breathe, my branches sway in the breeze. I am a Tree.

Give your children the healthy benefits of yoga as they gain flexibility, coordination and concentration!

A fun way for children of all ages to enjoy the healthy benefits of yoga.



What I See, I Can Be. I see a Dog. I can be a Dog, stretching my body after waking up from a nap.



I place my hands on the ground far away from my feet. My front paws are flat on the ground, and I allow my heels to lower slowly to the earth. I feel my tail reach for the sky and my dog ears reach between my elbows. I imagine that I can wag my tail to show that I am happy to be awake. I am a Dog.

You can combine fitness and fun and you don't need any special equipment!

Order Your Book & CD, DVD and Resources Today at www.ChildrensYogaBooks.com

What Teachers, Parents and Health Care Professionals are Saying:

"Finally, a yoga resource that is **effective and easy to follow**, and fully inclusive of all physical ability levels! Each yoga pose is clearly illustrated, guiding you into correct body positioning. The book and CD will rapidly become **valuable and essential components of a high quality DPA program.**"

- Suki McVeety, DPA Coordinator 2008, Grade 4/5 Teacher, Peel School Board and Parent of a 5 & 9 year old

"**A great resource** for Primary/Junior Teachers interested in using yoga with their students. Even teachers inexperienced in the arts of yoga can use this book and CD effectively."

- Kathryn Turnbull, ESL Teacher, Ottawa Carleton District School Board

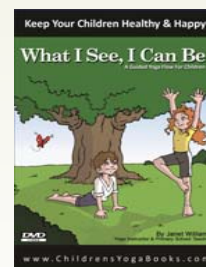
"Amazing graphics and **easy for children to follow**. Promotes the benefits of nature's wonders and our own health. I recommend this book to parents with young children."

- Natalie Bray, Registered Nurse, Champlain Community Care Access Center

"Brilliantly written, beautifully illustrated. An **essential resource** for anyone advocating for the health, fitness and wellness of our children."

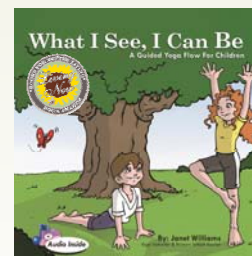
- Erika Caspersen, Health & Wellness Specialist, City of Hamilton Public Health

Our Family of Products



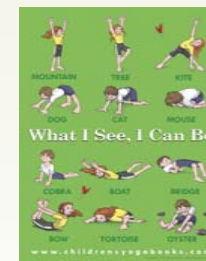
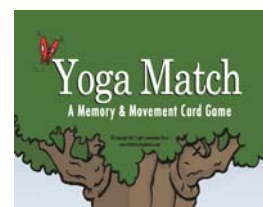
DVD

Children's Yoga Teacher Training Self-Guided Course



Hard Cover Book and CD

Yoga Match: A Memory & Movement Card Game



Full Size Poster
24" x 36"

Children's Colouring & Activity Book

