

## Health Concerns for Today's Child

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



(Used with Permission)

## About Janet Williams



Teaching has always been a part of Janet's life and it brings her joy to help others. In 1993 she received her Bachelor of Education from York University and is a certified Primary-Junior School Teacher.


Janet is a certified Hatha Yoga Instructor, RYT and has studied many styles of Yoga in Canada, Australia, England and Spain. She has been practicing Yoga since 1988 and has been teaching Yoga since 1996.

She is an executive member and Information Co-ordinator of the Independent Authors & Illustrators of Canada (IAIC) and the author of the children's picture book "What I See, I Can Be: A Guided Yoga Flow for Children". Janet is the owner of Body Light™, which focuses on physical and mental wellness. The unique Body Light™ Wellness System utilizes the power of Yoga, Goal Setting, Healing and Self Discovery to promote health.

Janet is also an experienced Project Management Professional (PMP) and consultant. She teaches Project Management at the corporate and university level. She is committed to promoting healthy children and protecting the environment.

**Visit our Web Site & Join our e-Newsletter for helpful ideas & info**

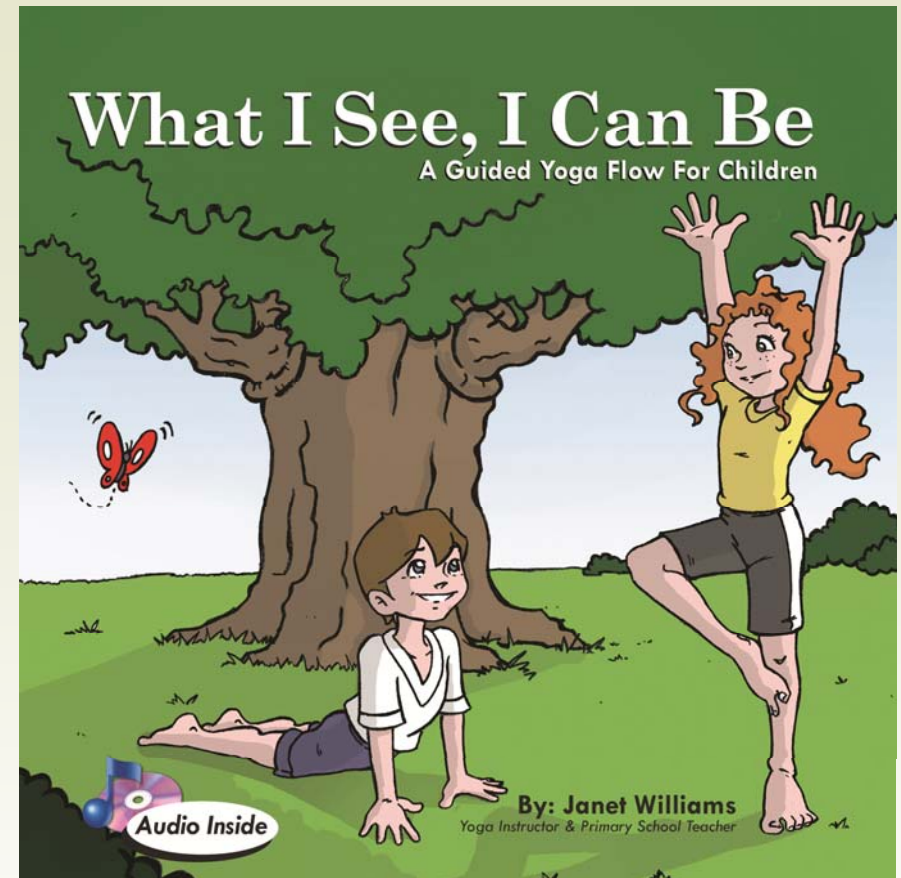
Be kept informed of new resources, special offers, promotions and upcoming events.

 **Contact us at:**  
*Light Connections Press*

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[www.ChildrensYogaBooks.com](http://www.ChildrensYogaBooks.com)

## Keep Your Children Healthy and Happy!



## A New Book & DVD Combining Yoga, Fitness & Fun!

This is an excellent book & DVD for **teachers and parents** who may not know a thing about yoga but want to give their children a **low impact exercise activity** that doesn't require any special equipment and combines **fitness and fun!**

Parents and teachers 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

[www.ChildrensYogaBooks.com](http://www.ChildrensYogaBooks.com)

## An Effective Teaching Resource for Classrooms & Homes

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](http://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

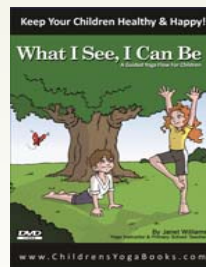
"Amazing graphics and **easy for children to follow**. Promotes the benefits of nature's wonders and our own health. I recommend this book to parents with young children."

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

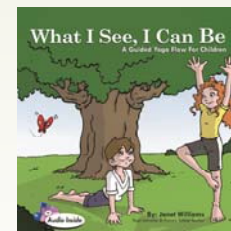
"Brilliantly written, beautifully illustrated. An **essential resource** for anyone advocating for the health, fitness and wellness of our children."

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

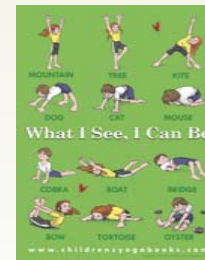
## Our Family of Products



DVD



Hard Cover Book and CD

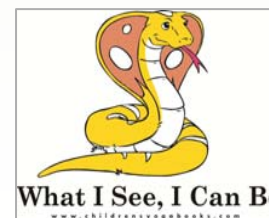


Full Size Poster  
24" x 36"

Teacher's Resource Materials (73 Pages)



Yoga Wear for Children and Adults



Children's Colouring & Activity Book

