

# Easy to Use Yoga Resources for Children!

## Perfect for DPA and Physical Education

Product	Description
<p><b>Item # 101</b></p> 	<p><b>Award-Winning Hard Cover Story Book &amp; Follow Along Audio CD</b></p> <ul style="list-style-type: none"> <li>▪ Hard cover 32 page Picture Book 8.5"x8.5". Comes with 30 minute CD.</li> <li>▪ Perfect for teachers and parents to provide children with a safe and fun yoga workout or Daily Physical Activity (DPA). Appropriate for Ages 3-9.</li> <li>▪ Children in book demonstrate yoga positions, while exploring nature.</li> <li>▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.</li> </ul> <p><b>CD</b></p> <ul style="list-style-type: none"> <li>▪ Use CD separately or as a follow-along book to encourage young readers. After 20 minute workout, music plays for 10 minutes for calm transitioning.</li> </ul>
<p><b>Item# 102</b></p> 	<p><b>Item# 103</b></p>  <p><b>Full Size Poster</b></p> <ul style="list-style-type: none"> <li>▪ Full Size Glossy Poster.</li> <li>▪ Excellent for instruction.</li> <li>▪ Children will feel inspired when they see the poster and will be able to easily do the poses safely.</li> <li>▪ 24" x 36".</li> <li>▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.</li> </ul>
<p><b>Item# 108</b></p> 	<p><b>Item # 105</b></p>  <p><b>Yoga Match: A Memory &amp; Movement Card Game</b></p> <ul style="list-style-type: none"> <li>▪ 30 cards of 15 poses.</li> <li>▪ Children exercise their bodies and minds as they play the memory game.</li> <li>▪ Cards are 3" x 4".</li> <li>▪ Printed in Canada.</li> </ul> <p><b>Colouring &amp; Activity Book</b></p> <ul style="list-style-type: none"> <li>▪ Soft cover.</li> <li>▪ Fun activities &amp; pages to colour.</li> <li>▪ 8.5" x 11", 20 pages.</li> <li>▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.</li> </ul>
<p><b>Item# 500</b></p> 	<p><b>Item# 106</b></p>  <p><b>Total Relaxation CD</b></p> <ul style="list-style-type: none"> <li>▪ This peaceful visualization is delivered in harmony with serene music.</li> <li>▪ Experience relaxation from head to toe.</li> </ul> <p><b>Children's Colour-Me Poster</b></p> <ul style="list-style-type: none"> <li>▪ Oversized Black &amp; White Poster 11" x 17".</li> <li>▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.</li> </ul>
<p><b>Item# 107</b></p>  <p>Created by a Teacher for Teachers!</p>	<p><b>Item# VP3</b></p>  <p><b>Children's Yoga Teacher Training Self-Guided Course</b></p> <ul style="list-style-type: none"> <li>▪ Learn How to Teach Safe, Age-appropriate, and Fun Children's Yoga.</li> <li>▪ Everything you need to know for classroom Yoga including lots of activities for curriculum extensions.</li> </ul> <p><b>Teacher's Value Pack*</b></p> <ul style="list-style-type: none"> <li>✓ 101 Book &amp; CD</li> <li>✓ 102 DVD</li> <li>✓ 103 Full Poster</li> <li>✓ 105 Colouring Book</li> <li>✓ 106 Colour-Me Poster</li> <li>✓ 108 Yoga Match Game</li> <li>✓ 500 Relaxation Visualization CD</li> </ul> <p><i>*Best Value for Teachers</i></p>