

child's play

Kid-friendly books and videos offer fun ways to explore yoga.

If your kids love to join you when you roll out your mat, consider checking out some playful books, CDs, and DVDs created with a younger audience in mind. They're a great way to get kids—who naturally love to watch, listen, and move—excited about yoga. They also make great activities for siblings and friends to do together.

Practice alongside your child the first time through a new book or DVD, and then older kids can practice on their own. And don't be surprised if your children want to listen to the yoga CD in the car or read the yoga book in bed, making it a seamless part of their life.

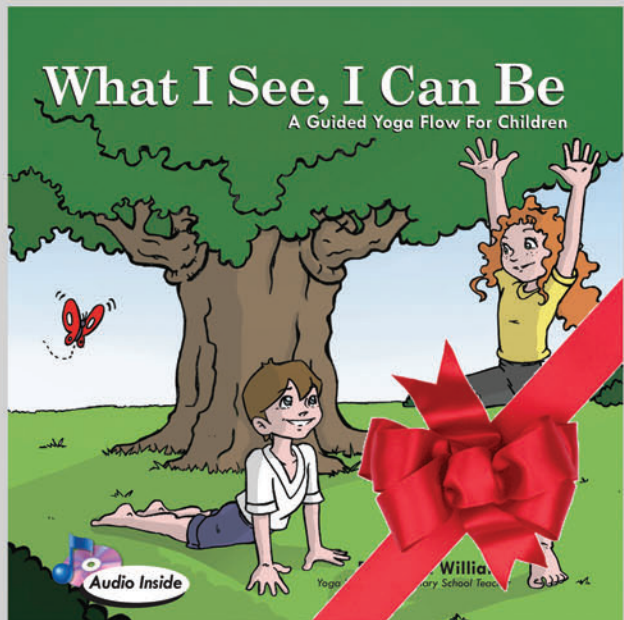


WHAT I SEE, I CAN BE: A GUIDED YOGA FLOW FOR CHILDREN

by Janet Williams
Light Connections Press, 2009

This illustrated book featuring a boy and a girl on a picnic encourages children to use their bodies and imaginations to connect with the world around them. With clear instructions and easy-to-follow poses, plus a companion CD with a mellow soundtrack, the book is a fun tool for teaching kids mind-body awareness.

Adults won't recognize some of the pose names, like Oyster, Kite, and Mouse (otherwise known as Seated Forward Bend, Triangle Pose, and Child's Pose), but the book's evocative instructions just might inspire a childlike mood in your own practice.



Children's Yoga Books was thrilled to receive this excellent review by Yoga Journal Magazine in their October 2010 issue.