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

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.

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Keep Your Children Healthy and Happy!

What I See, I Can Be
A Guided Yoga Flow For Children

Award Winning Book Combining Yoga, Fitness & Fun!

This award winning book is excellent for teachers and parents who may or may not know much about 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

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An Effective Teaching Resource for Classrooms, Homes & Yoga Studios

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

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

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

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

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