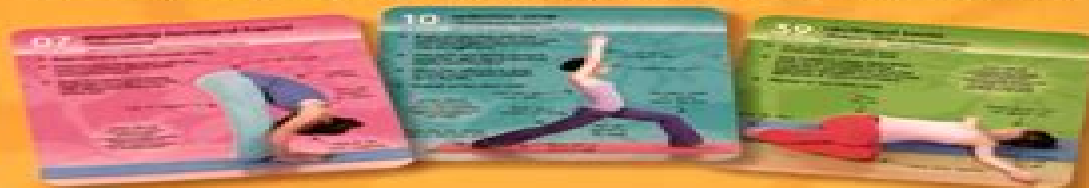


Pick a card and let *Yoga for Teens* bring your yoga practice to a whole new level. With everything you need to know about dozens of favorite poses, these colorful cards are the perfect way to learn a new pose in class, or to get creative with a personalized practice. Prop up a card on the included stand, line some up on your bedroom shelf, or tuck a few into a backpack to practice on the go—*Yoga for Teens* cards are the perfect way to keep your cards amid the stress and chaos of teen life.



*Praise for **Breather: Yoga for Teens***

“**[Mary Kaye Chrystos]** successfully teaches self-confidence and compassion in terms that any teen with an open mind will find enlightening.”

—*Yoga Journal*

Mary Kaye Chrystos trained with the Radiant Child Yoga Program, and is a registered teacher with Yoga Alliance. She lives with her husband and their three yoga kids in Boston, where her classes are a huge hit with teens. She is the author of DK's *Lower Yoga* and *Breather: Yoga for Teens*.



box includes

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Yoga For Teens Card Deck

**Mayuri Gonzalez, Jennifer Cohen
Harper**



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Yoga and Mindfulness Practices for Teens Card Deck Jennifer Cohen Harper, Mayuri Breen-Gonzalez, Argos Gonzalez, 2017-09-12 Yoga and mindfulness practices for teens card deck offers over 50 practices to help teens become stronger more flexible get better rest manage anxiety and learn to navigate stressful situations without becoming overwhelmed divided into five elements connect breathe move focus and relax along with partner and group practices this card deck is a comprehensive yet accessible tool kit for teens themselves as well as for parents teachers clinicians coaches and others interested in helping support self awareness and increased personal power in young people Container *The Mindfulness Workbook for Teen Self-Harm* Gina M. Biegel, Stacie Cooper, 2019-09-01 Mindfulness creates space for teens to stop and reflect before engaging in impulsive reactions such as self harm In *The Self Harm Workbook for Teens* mindfulness expert Gina Biegel offers teen readers powerful skills to help them identify negative self harming thoughts and manage these thoughts in healthy ways instead of resorting to cutting and other dangerous behaviors **Yoga and Meditation at the Library** Jenn Carson, 2019-05-15 Yoga and meditation have a proven track record of lowering stress levels helping to treat mental health issues such as depression and post traumatic stress disorder building community and contributing to an overall sense of wellbeing in their practitioners According to recent surveys 1 4 of North American libraries have offered meditation programs and 2 3 have offered yoga classes Carson a professional yoga teacher and library director has been leading yoga and meditation programs in schools and libraries for over a decade and she presents this guidebook to give others the tools for serving library patrons of all ages and abilities Inside *Yoga and Meditation at the Library* you will find 21 program models including choreographed yoga sequences complete with pictures passive program ideas alternative collections suggestions budget considerations literacy tie ins and checklists for prep teardown and follow up as well as advice from real world program delivery Chapters include What are Mindfulness and Meditation What is Yoga Implementing Yoga and Meditation Programs in Your Library Choosing Resources and Designing Spaces Passive Programs and Alternative Collections Policies and Procedures for Avoiding and Handling Problems Yoga and Meditation for the Early Years Yoga and Meditation for Elementary Age Students Yoga and Meditation for Teens and Young Adults Yoga and Meditation for Adults and Seniors Yoga for Every Body Inclusive Programming through Outreach and Inreach This book is for any programming librarian administrator yoga and meditation teacher or outreach coordinator looking to boost circulation stats program numbers literacy rates and foster health and wellness in their community Little Flower Yoga for Kids Jennifer Cohen Harper, 2013-11-01 Certified yoga instructor Jennifer Cohen Harper introduces *Little Flower Yoga for Kids* a fun and unique program that combines yoga and mindfulness in an easy to read book This program is designed especially for parents and kids and is aimed at teaching children to pay attention increase focus and balance their emotions all while building physical strength and flexibility Based on a growing body of evidence that yoga and mindfulness practices can help children develop

focus and concentration the simple yoga exercises in this book can easily be integrated into their child s daily routine ultimately improving health behavior and even school achievement

Yoga for Speech-Language Development Susan E. Longtin, Jessica A. Fitzpatrick, 2017-03-21 This is the first book to present yogic practices and resources for enhancing speech language development in young children from birth through to age 12 With easy to carry out exercises and demonstrative photographs throughout this innovative approach can be used to improve a range of speech language issues

Yoga and Mindfulness Practices for Children Card Deck Jennifer Cohen Harper, 2016-09 Yoga and mindfulness practices for children card deck offers over 50 activities to support health well being empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed Divided into five elements Connect Breathe Move Focus and Relax this card deck is a comprehensive yet accessible tool kit for children themselves as well as parents teachers clinicians and others interested in helping support self awareness and increased personal power in young people

Kids' Yoga Deck Annie Buckley, 2003 Teaches 50 yoga poses and related activities adapted and designed especially for children

Yoga for Children--Yoga Cards Lisa Flynn, 2018-07-24 Teaching children about yoga and mindfulness has never been so easy Yoga for Children Yoga Cards offers children a fun approach to learning with a trusted and attentive instructor you Complete with full color easy to follow photographs and step by step instructions this interactive deck includes more than 50 cards divided into four color coded categories Mindful Me mindfulness activities Time to Breathe breathing exercises Strike a Pose yoga poses and Rest Relax relaxation exercises Whether you re a parent looking for a fun activity for you and your child or an educator occupational therapist or kids yoga teacher interested in a wonderful new resource this deck is the perfect way to share yoga and mindfulness with children Together you ll enjoy the many benefits of the various activities while most importantly having fun

The Publishers Weekly, 2008

Mindful Chair Yoga Mayuri Gonzalez, Jennifer Cohen Harper, 2018-12-18 When yoga moves off the mat and into the chair it s easier to integrate into daily life Use in the classroom in clinical settings at your desk on an airplane or anyplace you happen to be Mindful Chair Yoga is a powerful way to harness key benefits of the practice become stronger more flexible navigate challenging situations without becoming overwhelmed rest when you need it and much more Each card includes a reflection question to help engage fully with the activities This easy to use card deck contains 50 practices that can support everyone children teens and adults in living a happier healthier life

Little Yogi Deck Crystal McCreary, 2021 Simple yoga practices to help kids move through big emotions

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SRDS Consumer Magazine Advertising Source, 2001-10

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School Library Journal, 2002

Yoga Poses for Kids Cards Giselle Shardlow, 2015-06-01

Subject Guide to Children's Books in

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