

Yoga and Mindfulness Practices for Children Card Deck

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Reviews

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover. (Dr. Willis Walter)

YOGA AND MINDFULNESS PRACTICES FOR CHILDREN CARD DECK



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Pesi Publishing Media, 2016. Book. Condition: New. Language: English . Brand New Book. Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. 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. Beautifully illustrated by children s yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. 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 for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: * Heart and Belly Breathing * Feeling my Strength * Grounding in the Present * Managing Anxiety * Relaxing and Restoring.

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