

Yoga Calm For Children: Educating Heart, Mind, And Body - , Jim Gillen

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Filled with photos, illustrations, lesson plans, and an extensive quick-reference bibliography, this detailed manual is an indispensable guide for introducing yoga in public school and therapeutic settings, as well as a great handbook for parents who would like to share yoga with their children. Easy to use and appropriate for children and teenagers, it includes information on integrating the Yoga Calm technique with regular classwork, modifications for specific classroom situations, alignment and safety principles, anecdotal examples from the authors' direct experience, and emotional first aid tips to help young people maintain a calm center when they most need it. Author: Gillen, Lynea Author: Gillen, Jim Publisher: Three Pebble Press Illustration: Y Language: ENG Title: Yoga Calm for Children: Educating Heart, Mind, and Body Pages: 00181 (Encrypted PDF) On Sale: 2008-09-01 SKU-13/ISBN: 9780979928901 Category: Health & Fitness : Yoga Category: Education : Teaching Methods & Materials - General

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