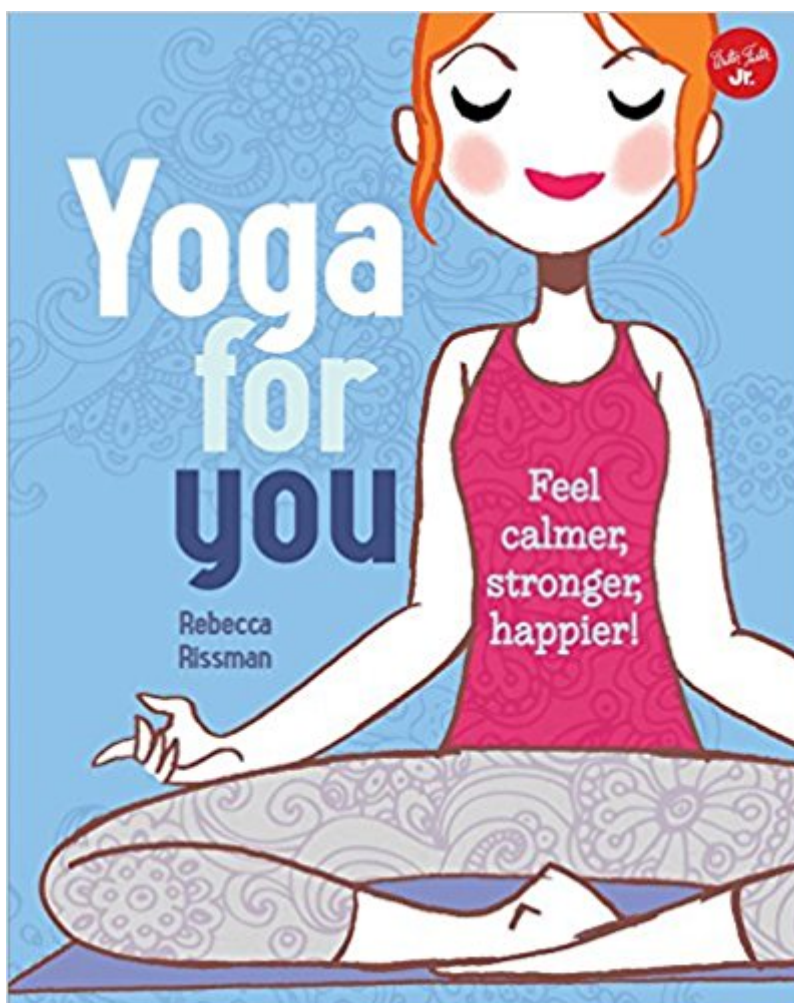


The book was found

Yoga For You: Feel Calmer, Stronger, Happier! (Good For You)



Synopsis

Fun, confidence-building yoga exercises kids can master themselves or with friends. Yoga for You encourages children and teenagers to get up, get active, and build confidence and self-esteem through a basic introduction to yoga and its many sequences and poses. Learn two yoga sequences with 35 fully explained and illustrated poses: one for getting pumped-up and energized, the other for de-stressing and relaxation. With Yoga for You, kids of all ages can get started with yoga, a way to exercise, meditate, and gain a better sense of personal well-being.

Book Information

Lexile Measure: 900 (What's this?)

Series: Good For You

Hardcover: 64 pages

Publisher: Walter Foster Jr (April 1, 2017)

Language: English

ISBN-10: 1633223191

ISBN-13: 978-1633223196

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #160,281 in Books (See Top 100 in Books) #31 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #42 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #2693 in [Books > Children's Books > Activities, Crafts & Games > Activity Books](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Rebecca Rissman is a practicing yoga teacher and author of *Yoga for Your Mind and Body: A Teenage Practice for a Healthy, Balanced Life* (Capstone Press, 2015), based in Chicago, Illinois.

I bought this as a birthday present for my niece and she loves it. I thumbed through it before I gave it to her, and was impressed by the way it was organized and the scope of info it covers. It's basic, but that's just what a tween needs.

[Download to continue reading...](#)

Yoga for You: Feel calmer, stronger, happier! (Good For You) Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children New Anti-Aging Revolution, Second Ed.: Stop the Clock: Time Is on Your Side for a Younger, Stronger, Happier You New Anti-Aging Revolution, Third Ed.: Stop the Clock: Time Is on Your Side for a Younger, Stronger, Happier You Master Class: Living Longer, Stronger, and Happier SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient - Powered by the Science of Games Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life The Anxiety Solution: A Quieter Mind, a Calmer You Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)