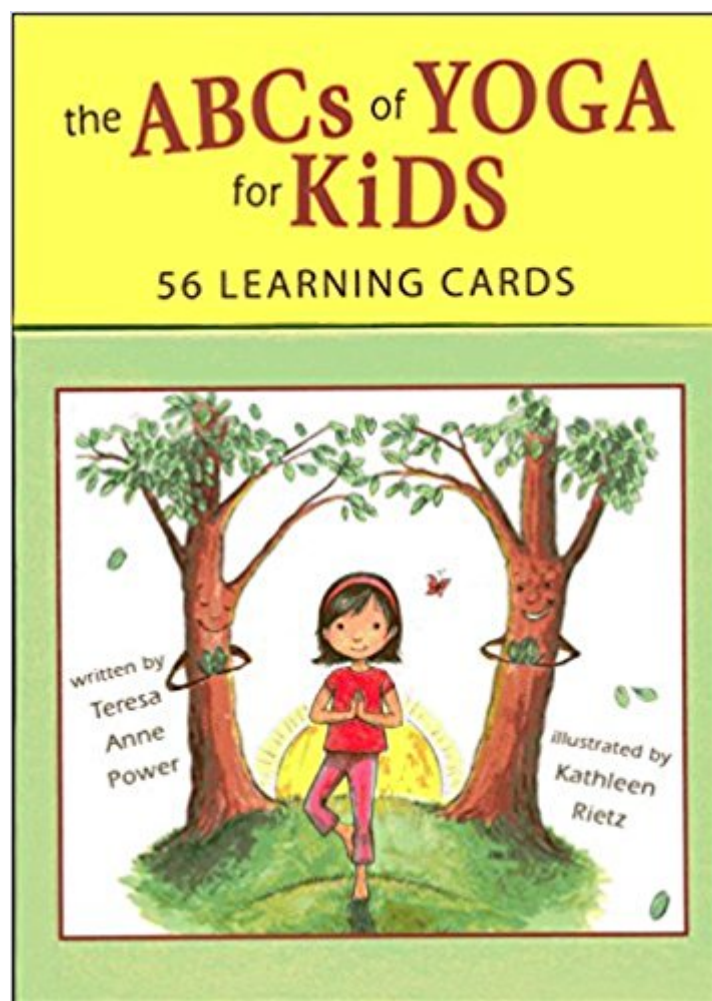


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# ABCs Of Yoga For Kids Learning Cards



## Synopsis

The ABCs of Yoga for Kids Learning Cards are the perfect companion to The ABCs of Yoga for Kids book by Teresa Anne Power. These fifty-six flashcards contain the colorful illustrations from the book, along with the corresponding letters of the alphabet and the yoga postures they represent. It's perfect for not only learning yoga, but the alphabet as well. Each pose delightfully promotes flexibility and coordination while encouraging kids to incorporate healthy activity into their daily lives.

## Book Information

Age Range: 3 - 8 years

Cards: 57 pages

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Average Customer Review: 4.5 out of 5 stars 51 customer reviews

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## Customer Reviews

Yoga offers so many benefits to mind, body, and soul that it's wonderful to start kids at a young age. The best way to do that is to make it fun -- and this book certainly does that. With its beautiful illustrations and instructive vignettes, it makes learning yoga like play. I love it! --Mariel Hemingway, Actress and Mom, Co-author of *Be YOU now!* and Co-star of *Yoga Now* and *15-Minute Results Yoga*

Teresa Anne Power, avid yoga practitioner for the past quarter-century, is the author of the *The ABCs of Yoga for Kids*. Her book has won nine awards, including earning the Parent Tested Parent Approved (PTPA) Seal of Approval. For the past eight years she has taught yoga to young children, both in schools and at local organizations, and has spoken at numerous libraries, schools, book stores, yoga studios, and school conferences. She has also taught teacher training seminars at

Children's Bureau and Pathways to help children from all walks of life be exposed to the health benefits of yoga. She is a member of the Society of Book Writers and Illustrators and the Independent Book Publishers Association, and writes articles about children's health on Examiner.com. She lives in Pacific Palisades, California, with her husband and two teenage children.

I have an "emotionally reactive" high energy daughter who sometimes need a little help calming down and finding focus. We chose these cards because they are used at her school (A Montessori Preschool), so I knew she would be familiar with them. They are high quality and she loves the poses! She spends lots of time on her yoga mat choosing cards and trying new positions. We even sent these with her to summer camp when she was having a hard time adjusting, so that she could go to the coat closet and use them... worked like a charm! It gave her a safe place to get away and have a focused self-directed activity! Kids who are "wild" don't need punishment, they need a chance to learn how to focus their energy... I really wish my parents/teachers had given me this kind of tool when I was growing up as a hyperactive child!

The images on the box are not representative of what is on the cards. The images on the cards are difficult to understand and are not realistic. It's the same art style but the cards don't just show kids in yoga poses. For example, the airplane card shows a kid flying in the sky instead of doing the pose on the ground. This did not work for our purposes and they were returned. They come wrapped in plastic, so you have to pay a \$5 restocking fee just to look at them.

I got these cards to do yoga with my kids (7 and 3). I have them choose a set of cards and I put them together in a sequence that flows and we create our own little class. There is a large variety of poses in this set. We haven't done all the poses yet after a couple of weeks of using the deck. Each card has a cute picture of the pose and a poem on how to do the pose. The cards are sturdy and have withstood my 3 year old's constant handling - she loves putting the cards away for us as we finish each pose. These cards are smaller than Yoga Pretzels' cards, but work fine. We have had great fun with this product.

I use these cards with my first grade students during indoor recess or when they need a break during the day. The cards are larger than I thought (similar to typical flashcard size) and very sturdy. They each have a picture of the yoga pose on one side and a short poem describing how to

complete the pose. My kids really like them and are learning to complete the poses without reading the directions. I am not a yoga expert by any means, but the cards made it very easy for all of us to understand the poses. Excellent resource if you are looking for something easy and simple to help kids develop an interest in yoga.

I didn't look at the size before I ordered them but I was nicely surprised. They come in a sturdy box with a completely removable lid. The cards themselves are about as sturdy as playing cards. They measure 4X6 inches. Each card has a color picture, an upper- and lower-case letter and the name of the pose on the front. The back has a poem describing how to do the pose. Most letters have more than one card/pose. Some poses mirror adult yoga poses, others are a bit different. The only thing I didn't like about this set is that the cards can be difficult to get back in the box. Overall, pleased with the purchase.

They are very nice but unfortunately came three misprinted which damages the set, it was a shame.

These cards are one of my favorite activities to do with my preschooler. I regularly practice yoga and enjoy being able to share that with my child. If you are new to yoga, the cards do a fantastic job of describing how to do the pose. My child can work out the poses herself by just looking at the picture. There are more than one card per letter in the set. I think it is a great value and perfect whether you have 5 minutes or an hour to play with them. I also like the incorporation of letter and letter sound learning.

Great for winding down little preschool brains and bodies. Kids love the cards and love to try out the yoga poses. We do it as a family and it is always a fun and engaging game for little minds and parents alike. I am always amazed by their instant, and complete, attention to this activity. The names for the poses and the little rhymes fit well with the drawings. You can pull together a few of the cards for you own "flow" or turn it into a game and let the little ones pick out which ones they want to try.

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