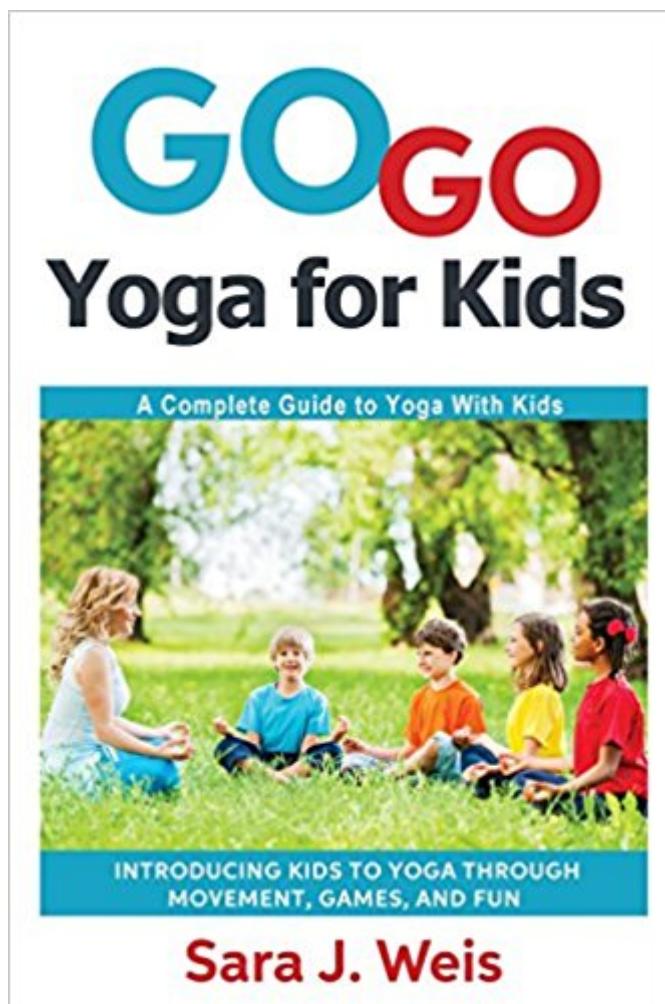


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# Go Go Yoga For Kids: A Complete Guide To Yoga With Kids



## **Synopsis**

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, Go Go Yoga for Kids: A Complete Guide to Yoga With Kids is the book for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games. Go Go Yoga for Kids Includes: Over 150 fun and creative yoga games, activities, and challenges for all ages 15 ready to use unique yoga lesson plans that will have kids engaged from the start Ways to bring mindfulness and awareness to all children Kid yoga photos and pose illustrations Easy ways to incorporate yoga in the school setting for all types of learners and abilities How to get your kids involved with yoga at home Tips on working with teens and tweens Partner poses, balance activities, group and inversion teaching tips and ideas Sample parent communication ideas Examples of where and how to teach yoga for kids Books, music and other fun resources to help kids learn about yoga. This book details everything in an easy to follow, step-by-step format that will help you successfully teach yoga to kids of all ages. Go Go Yoga for Kids is the only resource you will need to inspire children in a healthy and lifelong way.

## **Book Information**

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## **Customer Reviews**

As a children's yoga bestselling author, teacher, and speaker, I am always looking for new creative ideas regarding yoga for kids. I found such a resource in Go Go Yoga Kids! This book is chalk full of great information to help yoga teachers, classroom teachers, youth leaders, counselors, parents, and any others learn how to implement yoga into the lives of children. I was especially intrigued by the way the author, Sara Weis, incorporated her favorite childhood games in Part 6 of the book and

recreated them into yoga games. Very creative and fun! I highly recommend this book to those wishing to learn how to make yoga fun for kids, and how to empower them to be active as well as mindful and meditative at the same time! --Teresa Power, author of ABCs of Yoga for Kids and founder of the International Kids Yoga Day. Check out Sara Weis' Go Go Yoga Kids!

Congratulations on being #1 in Lesson Planning for Educators! This is an incredible resource.

Detailed yoga class designs and everything you need to create great yoga experiences for kids!

--Mariam Gates, Bestselling author of Good Morning Yoga and Goodnight Yoga Go Go Yoga Kids is a fantastic resource. As a yoga teacher, I am often asked for yoga recommendations parents and teachers can share with their children. Sara's book is mindfully prepared and easy to follow. Her passion and experience with kids shine through. I think this would be a valuable resource for scout leaders for group activities and for anyone with a group of kids needing an activity on a rainy day (indoor recess!) with ready to go lesson plans and stick figures/photos to simply follow along & enjoy. --Sandi Hoover, BSN, RYT500, PRYT Owner, Roots Prenatal Yoga and Creator of Toddler Yoga with Sandi

Kids, yoga, and teaching are truly Sara Weis' passions. When the idea for Go Go Yoga Kids: Empower Kids For Life Through Yoga came to Sara, she knew it was the perfect way to share her excitement and strong belief in the positive power of yoga with others. "Introducing kids to the lifelong benefits of yoga in fun, creative, and engaging ways is something I feel very passionate about," said Sara. "It is my hope that anyone who has kids or works with kids will be able to use Go Go Yoga Kids with confidence and success. The benefits kids receive from yoga are too important to miss. Now is the perfect time to start using yoga to empower kids for life!" Sara is a certified kid and adult yoga instructor who makes yoga with kids or adults part of her daily routine. She has invested countless hours creating and leading yoga games, lessons, and movement ideas with thousands of kids. Over the years she has learned what works, and just as importantly, what doesn't work with kids and yoga. "I feel strongly about my goal of having all of the ideas, strategies, and lessons in one place so this book can be a complete resource for others to use when introducing yoga to kids," she said. Sara holds a master's degree in Education and has over seventeen years of teaching experience in the public schools. She currently teaches creative writing classes for elementary and junior high aged students. Sara also leads kids yoga classes for a nationally known health and fitness club. When she is not teaching, writing, or practicing yoga, Sara enjoys spending time outdoors with her three yogi kids and her husband and resides in West Des Moines, Iowa.

Sara really breaks everything down so no matter how experienced you are in sharing yoga with children, you'll have a very clear idea of how and where to start. This book is practical, visual and most importantly, it's FUN! The stick figure illustrations are not only awesome, but kids will totally love them too and I think they actually insight more of a (relatable) response in children than actual, realistic photos. I especially loved Chapter 6: Yoga Games and Chapter 7: Partner Poses and Group Challenges. I think that often, people don't understand how fun yoga can be, and this chapter takes it to a whole new level • even for adults! Kids need games and these chapters bring Yoga + Fun together in a way that is totally refreshing. In short, Sara gives you the tools to communicate with kids about yoga in a way that they can and will understand. I highly recommend this book to anyone wanting to explore yoga with the kiddos in their lives.

This is great introduction to Yoga for kids. While my kids are still a bit too young (2 1/2) to pay attention for more than 60 seconds, I can see them wanting to mirror dad doing his evening stretching in a few months. Now I'll be able to have some great tips and tricks to keep them more engaged. As they get older I'm especially interested in teaching them mindfulness and improving their concentration - two attributes that will serve them well in life. This book contains what I'll need to guide them.

What a truly fantastic book! I recently bought Go Go Yoga Kids after my children (ages 3-9) were introduced to yoga on vacation. I have taken a few yoga classes, but I am \*far\* from being a yogi. :) After seeing my kids enjoy yoga so much, I wanted to find a book that would help me teach them yoga at home. Being a yoga novice myself, I loved how clear the author's descriptions of the poses are and her explanations of the different games. With stick drawings and photographs, it's a very user-friendly format to use! I let my kids go through the book and pick out some of their favorite games. They loved trying something new together (and I loved not having to pay for a gym or studio membership for the kids and me to practice yoga together!) I have already recommended this book to my circle of friends, so I thought I would also recommend it to all my "friends," too. ;) Enjoy!

This is a great book for parents that want to do yoga with their kids as well as for teachers that want to do this with a class. The author gives the reader specific step by step plans as to how to run a yoga class, even down to what's in the bag that she brings to class. If you are worried about

teaching your first yoga class to kids, this book will help you feel uber prepared as everything is spelled out for you. I am not a teacher but I have 3 kids and I love the stick figure drawings of the poses. This is a great book for any yoga lover that would like to introduce yoga to their kids.

I can hardly wait for the print edition of this excellent book, packed full of practical yoga poses AND activity for kids, this simply written book will give parents and teachers clarity about the reasons to engage kids in yoga. The book connects the dots between yoga and encouraging health, mindfulness, focus and community in kids and parents, as well as being a step by step manual on how to conduct and start being a yoga teacher for kids. Apart from the content, the author links you to resources for more detailed understanding, as well as books and music to use. I found the chapter on tweens and teens most useful. From breathing to headstands to savasana, this book runs the gamut of every pose you need to know for a child.

Such an incredible book in many ways :) As an adult who understand and has practiced YOGA, this book is so much fun and a fabulous guide to bring in my grandchildren while learning poses together at their pace, breathing and making it fun for them too. As a gift to teachers and friends who may not understand or know YOGA, Sara has done an amazing job of taking it from start (templates and planning) to finish including everything in between. Every chapter is covered completely and thoroughly. It is obvious Sara has a deep love and gift of teaching as well as children. One of many reasons this book is for everyone....Under the chapter :"Builds Positive Peer and Social Interactions""Everyone is unique and special in their own way, and we all come from different places and backgrounds. In yoga we talk about how poses look differently from person to person, child or adult. With yoga we celebrate and respect differences as we try new postures and poses. Kids enjoy working with one another in partner and group poses and achieving success together.

"Incredible book for us all :)

In the past, I have struggled to connect with the new Yoga craze, but I am thankful and thoroughly impressed to have found this book! My son has developed an interest in yoga, and this is the perfect "go to" book to get started. The stick figure representations of yoga poses makes trying the poses fun and entertaining. The simplicity of the drawings makes it easy to "see" the body positioning and adds a touch of humor as well! This book would be invaluable for those who wish to teach yoga. The step by step guide is easy to understand (not overwhelming). It is clear that Sara has many years of experience with yoga, and teaching yoga as well. My son and I continue to enjoy

the book!

I have been looking for a book like this for a long time! It completely met and exceeded expectations. It is not a one time read- it is a book I will have forever and will grow as my family grows. I also love getting books for others and it will definitely be my new go to book!

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