



The Yoga Adventure for Children: Playing, Dancing, Moving, Breathing, Relaxing (Hunter House Smartfun Book)

Helen Purperhart

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The Yoga Adventure for Children is an illustrated manual for teachers at primary schools and yoga teachers who wish to create children's classes. Featuring 80 drawings of poses, the book playfully acquaints children with yoga stretches and postures and the philosophy behind the practice. Blending yoga, play, dance, music, drama, and drawing, the book requires very little preparation before use. Parents too can share *The Yoga Adventure for Children* with their child at home. Practicing yoga together offers an opportunity to both parents and the child to laugh, play, and have fun together.

Many yoga positions are inspired by animals and stimulate suppleness and strength, and all aspects of yoga are included in the games: relaxation, breathing, concentration, meditation, self-awareness, and visualization. Concepts like karma, chakra, and the elements are explained and developed without too much confusing detail. The games in this book can also be used to increase children's concentration and self-esteem, and to stimulate them to express more creativity, imagination, and better social skills.

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