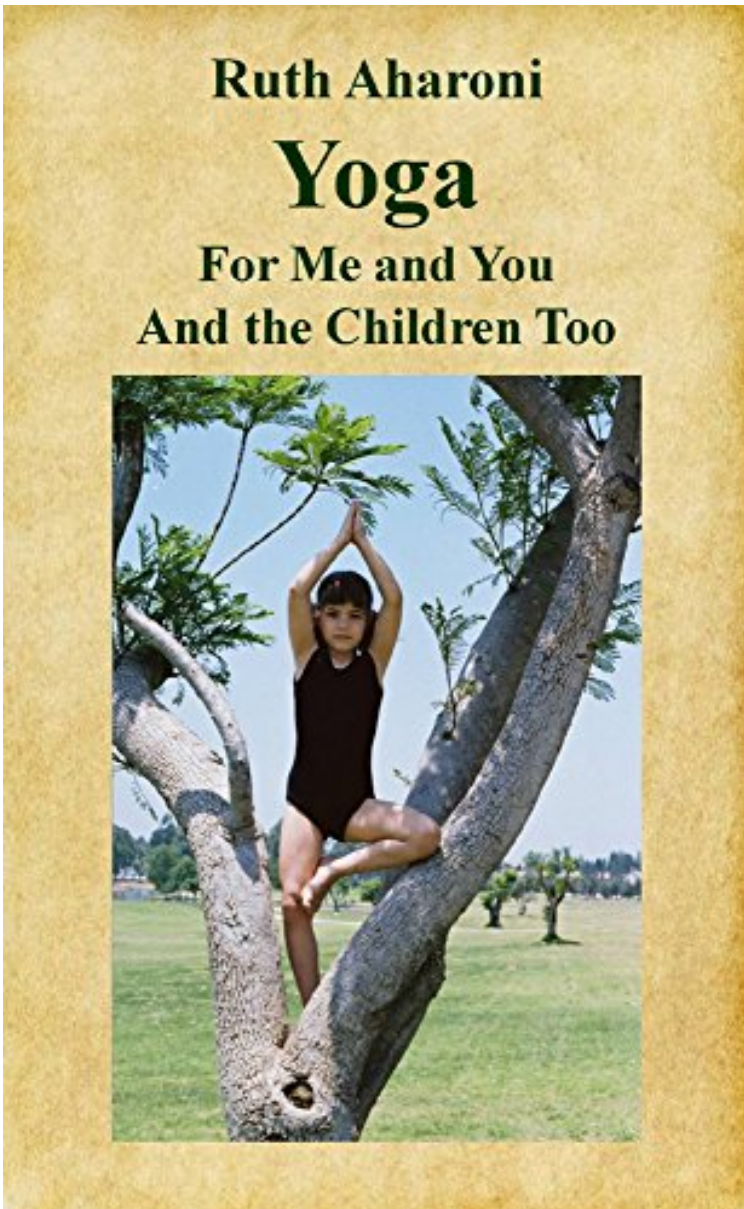


[Free] File size: 46.Mb

Yoga - For Me and You and the Children Too (Children's Books for the Whole Family) (English Edition)



Par Ruth Aharoni
*ebooks / Download PDF / *ePub / DOC /*
audiobook

Dtails sur le produit Rang parmi les ventes : #747973 dans eBooksPubli le: 2013-11-15Sorti le: 2013-11-15Format: Ebook Kindle

[Free] Yoga - For Me and You and the Children Too (Children's Books for the Whole Family) (English Edition)

Par Ruth Aharoni : Yoga - For Me and You and the Children Too (Children's Books for the Whole Family) (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga - For Me and You and the Children Too (Children's Books for the Whole Family) (English Edition):

Download

Read Online

Description :

Prsentation de l'diteurYoga for Me and You and the Children Too by Ruth Aharoni This book is designed especially for kids, but it is intended for the whole family, for all ages; and for teachers too. The exercises

that are presented in the book are classical yoga postures, suitable for children, and children demonstrate them. Each posture has a name from the kid's everyday life, and is also accompanied by a short rhyme for the little kids. However, the book is suitable for anyone who is willing to practice yoga. Besides the demos, you will find detailed instructions on how to perform the exercises, and what are their benefits, so it is intended for teachers as well. This book can serve as an excellent teaching tool, and is well organized and divided into five sections. The first three sections deal with the yoga postures: The first section is for beginners, children and adults as well. The second section is for intermediate practitioners; and the third one is for more advanced practitioners. The fourth part describes different relaxation poses; and the fifth section is intended for the grown-ups parents, kindergarten and school teachers, and yoga teachers as well. Ruth Aharoni, Master of Yoga and a yoga teacher for many years, presents yoga not just as a method to improve physical health and gain inner peace in the modern hectic world; she also reveals to you the creative side of yoga and shows you how it can improve your family relations. Thus, beside the physical and mental benefits that the children get, the adults parents and teachers will draw pleasure from instructing and observing the little yogis; and all of you will enjoy the joint activity.

Présentation de l'auteur Yoga for Me and You and the Children Too by Ruth Aharoni This book is designed especially for kids, but it is intended for the whole family, for all ages; and for teachers too. The exercises that are presented in the book are classical yoga postures, suitable for children, and children demonstrate them. Each posture has a name from the kid's everyday life, and is also accompanied by a short rhyme for the little kids. However, the book is suitable for anyone who is willing to practice yoga. Besides the demos, you will find detailed instructions on how to perform the exercises, and what are their benefits, so it is intended for teachers as well. This book can serve as an excellent teaching tool, and is well organized and divided into five sections. The first three sections deal with the yoga postures: The first section is for beginners, children and adults as well. The second section is for intermediate practitioners; and the third one is for more advanced practitioners. The fourth part describes different relaxation poses; and the fifth section is intended for the grown-ups parents, kindergarten and school teachers, and yoga teachers as well. Ruth Aharoni, Master of Yoga and a yoga teacher for many years, presents yoga not just as a method to improve physical health and gain inner peace in the modern hectic world; she also reveals to you the creative side of yoga and shows you how it can improve your family relations. Thus, beside the physical and mental benefits that the children get, the adults parents and teachers will draw pleasure from instructing and observing the little yogis; and all of you will enjoy the joint activity.