

The ABCs of Yoga for Kids Learning Cards

By Teresa Anne Power

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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.

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The ABCs of Yoga for Kids Learning Cards By Teresa Anne Power Bibliography

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Editorial Review

Review
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, Actresss and Mom, Co-author of Be YOU now! and Co-star of Yoga Now and 15-Minute Results Yoga*

About the Author

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.

Users Review

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