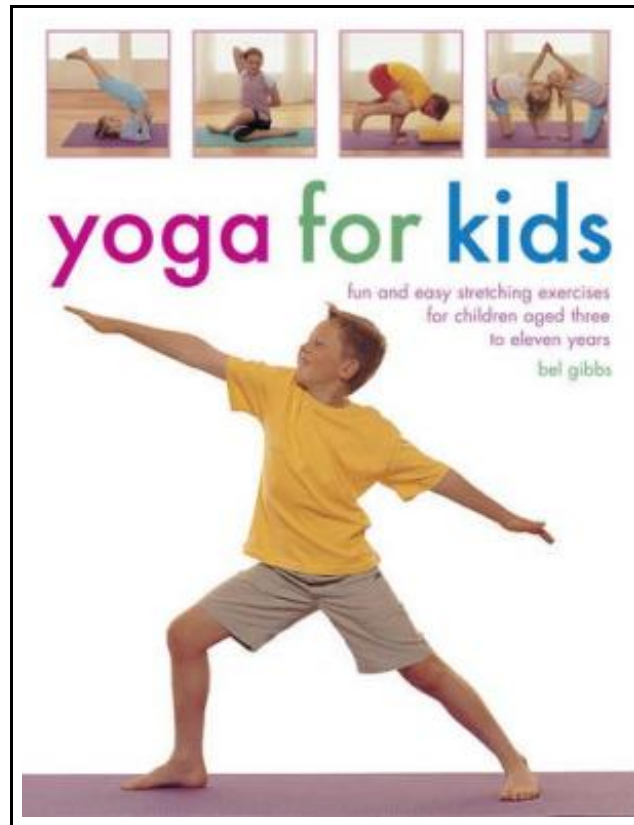# Yoga for Kids: Fun and Easy Stretching Exercises for Children Aged Three to Eleven Years

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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Yoga for Kids: Fun and Easy Stretching Exercises for Children Aged Three to Eleven Years, Bel Gibbs, The stretching and strengthening techniques used in yoga are an ideal way for children to grow flexible and strong. As well as building supple muscles and flexible joints, yoga is also about positive thinking, self-confidence and inner calm: hyperactive, non-athletic or shy children will all benefit from the expression of feeling and imagination through movement that yoga brings. This volume is a practical workbook aimed at children of all physical abilities from the age of three upwards. Through a mixture of exercises, animal poses, meditation and gameplaying, it shows children what yoga can do for them, and will help to give them the best possible start in life.

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