



# **Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children**

*Lisa Flynn*

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# Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

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**Help your kids de-stress and get healthy!**

*Yoga for Children* will encourage your child to learn about yoga with an attentive, at-home instructor--you! Even if you are new to the practice, author, mom, and children's yoga expert **Lisa Flynn** will guide you and your child through more than 200 yoga poses, meditations, and activities that are suitable for children between the ages of two and twelve. Complete with full-color photographs, instructional scripts, and pose modifications, *Yoga for Children* will help build your child's confidence, self-awareness, and focus while strengthening your connection--one yoga session at a time.

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