



The Complete Idiot's Guide to Yoga with Kids

Eve Adamson, Jodi Komitor

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Can you think of an activity that promotes concentration, motor skill development and self-confidence for kids? And, is fun and healthy for kids and adults to enjoy together?

It's Yoga!

With *The Complete Idiot's Guide to Yoga with Kids*, you can learn how to get kids interested and started in yoga, teach them how to stretch, concentrate and express creativity using their mind and body. This book is full of various stretching exercises, poses and activities for adults and kids to enjoy together or individually. Kids will love to use their imagination to pose as a tree, a tiger, a butterfly and many others!

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