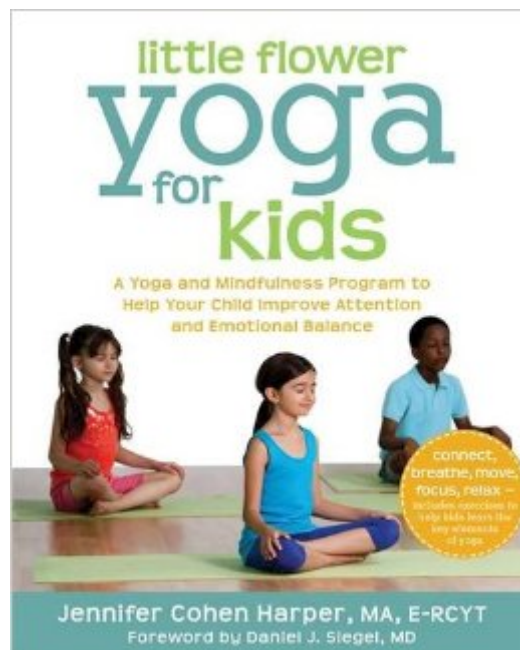


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# Little Flower Yoga For Kids: A Yoga And Mindfulness Program To Help Your Child Improve Attention And Emotional Balance



## Synopsis

Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit [www.littlefloweryoga.com](http://www.littlefloweryoga.com).

## Book Information

Age Range: 4 and up

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 2013)

Language: English

ISBN-10: 1608827925

ISBN-13: 978-1608827923

Product Dimensions: 0.6 x 8 x 10 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (33 customer reviews)

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## Customer Reviews

This is not just another kids yoga book...it is a journey into the world of yoga for children. Combining breath, mindfulness, relaxation along with the yoga poses, makes all the difference when approaching a child with the practice of yoga. This book leads you step by step through that process from setting the space to actual practices and activities to use in your home, classroom or yoga studio. The author's experience in the classroom, on the mat and as a mother shine through in the pages of this book. As a children's yoga instructor, I'm so excited to have a copy of my own and highly recommend it to any one looking to explore the world of children's yoga!

This is such a great book to bring yoga and mindfulness to children. Jennifer Cohen Harper also explains the 8 limbs/paths of yoga that help create her program. I teach preschoolers and try to do a little bit of yoga with them each day; I have nothing against cute names for the poses or yoga songs for children; however, I feel Jennifer Cohen Harper's approach to teaching yoga to children is something that a child can grow with, from preschooler to teenager, because the poses are named for that they are. I also think the yoga and mindfulness practices detailed in the book creates a different kind of bonding for parents and children/caregivers and children. I also like her checklists and encouragement to ask children how they are feeling when they are practicing. The practices in the book can help anyone at any time, and are accessible. I think anyone who works with children or is a parents, caregiver, etc., should check out this book.

I co-direct a preschool where we share mindfulness with children everyday. This book has been an excellent resource for us for integrating yoga as well and for supporting our core curriculum. Additionally, the narrative descriptions of each section-- connect, breathe, move, focus, relax-- really help to break down the essence of yoga practice in a way that makes it accessible and understandable. The exercises and worksheets are super user-friendly. I highly recommend this book to parents, educators, and anyone who works with children. ,

I found this book to be such an added bonus to my work with kids. If you are thinking about doing yoga with your kids in any capacity, get this book now. Cohen Harper makes her book so accessible and useful for parents or teachers who have little to no experience with yoga. The way she organizes the book makes it so easy to read. I devoured this book on my subway ride to work and

was given new ideas and inspiration. She prepares the reader so well, giving the reader tools to try this deep work. Thank you Jennifer for writing a much needed book.

I am beyond thrilled with Jennifer Harper's Little Flower Yoga for Kids! As a mother of two, pediatric therapist, children's yoga instructor, and practicing yogi- I have been able to incorporate her exercises in all areas of practice! I absolutely love teaching yoga and mindfulness to children and families, and appreciate her natural and accessible approach. Jennifer's program is the only of its kind, and unique in that she bridges traditional yoga and mindfulness practices with the pediatric population in a way which is age appropriate and effective. "My breath feels much more smooth and calm after" and "Before the breathing exercise my heart was beating fast, but when I do this it calms down.", are two recent insights from the children I work with. I highly recommend this book to any parent or professional who works with children. (or not! great for you too!)

Little Flower Yoga for Kids is a practical insightful guide, offering us, among many other benefits, the calming force that will help children reclaim their attention span and their ability to think. With this book, we are handed the much sought after solutions to the tumultuous distractions that impede the mental and emotional growth of our children. The techniques are inviting and easy to incorporate. This is the book I wish I had some forty years ago, when I began my teaching career. What a journey that would have been!

Jennifer Cohen Harper provides an excellent and easy to read book about how to implement yoga and mindfulness. This is a great book for a parent, teacher, or anyone else working with children. There is easy to follow plans, research, and idea.

I am new to Children's Yoga and was very excited to see how Jennifer's format of Connect, Breath, Move, Focus and Relax created such a fluid experience for the child. I am an elementary school teacher and was delighted to see how easily I was able to incorporate the mindfulness activities into my classroom setting. The book has been an invaluable resource during my Level 3 Little Flower Yoga training. It is easily written in a format that makes it accessible to anyone.

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