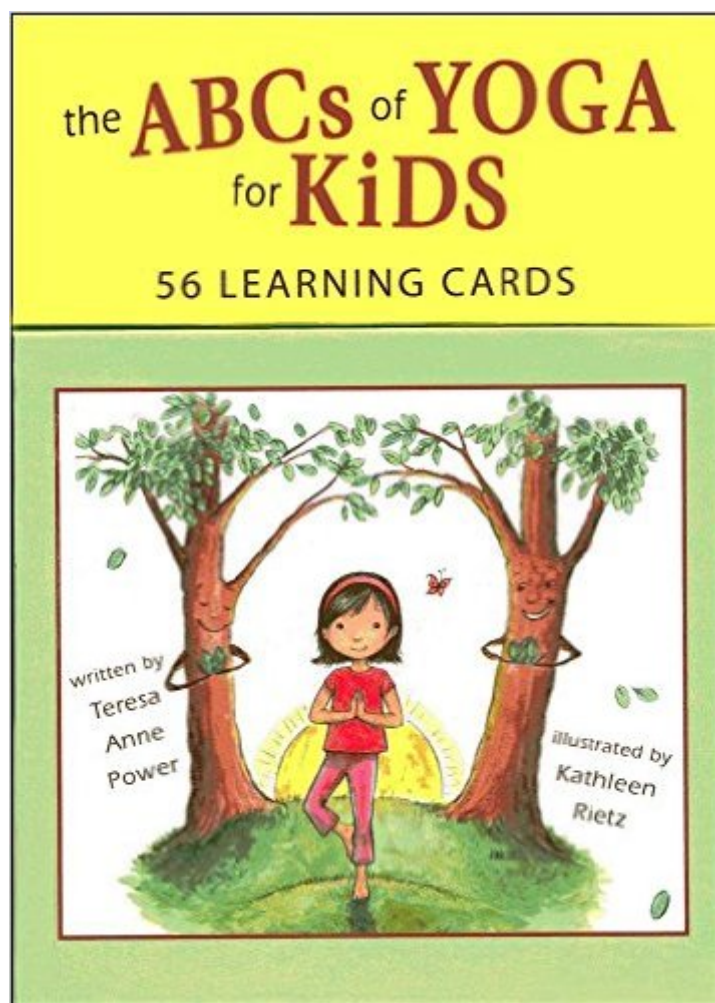


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# The ABCs Of Yoga For Kids Learning Cards



## Synopsis

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.

## Book Information

Age Range: 3 - 8 years

Cards: 57 pages

Publisher: Stafford House; First edition (April 1, 2011)

Language: English

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Product Dimensions: 4.2 x 1.4 x 5.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (48 customer reviews)

Best Sellers Rank: #17,244 in Books (See Top 100 in Books) #4 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #6 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #60 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

I have an "emotionally reactive" high energy daughter who sometimes need a little help calming down and finding focus. We chose these cards because they are used at her school (A Montessori Preschool), so I knew she would be familiar with them. They are high quality and she loves the poses! She spends lots of time on her yoga mat choosing cards and trying new positions. We even sent these with her to summer camp when she was having a hard time adjusting, so that she could go to the coat closet and use them... worked like a charm! It gave her a safe place to get away and have a focused self-directed activity! Kids who are "wild" don't need punishment, they need a chance to learn how to focus their energy... I really wish my parents/teachers had given me this kind of tool when I was growing up as a hyperactive child!

I got these cards to do yoga with my kids (7 and 3). I have them choose a set of cards and I put them together in a sequence that flows and we create our own little class. There is a large variety of

poses in this set. We haven't done all the poses yet after a couple of weeks of using the deck. Each card has a cute picture of the pose and a poem on how to do the pose. The cards are sturdy and have withstood my 3 year old's constant handling - she loves putting the cards away for us as we finish each pose. These cards are smaller than Yoga Pretzels' cards, but work fine. We have had great fun with this product.

I ordered the flashcards and coloring book with the intention of using them along with the book (borrowed from my local library) for our Yoga Mondays in my preschool. There are lots of great cards with easy to see poses and poems on the back. I was thrilled to see many more options on the cards than were available in the coloring book or book itself. With our letter of the week, I can now post the hand sign (sign language), picture cues, and yoga pose! The kids love them and the physical aspect has helped some learners!

I bought these after reading the reviews on several different yoga products as well as the book that goes with this. I haven't seen the book but chose the cards because of other reviewers preferring the cards over the books. My son is 4 and has Tourette's Syndrome, OCD, ADHD, and anxiety. His neurologist's standardized handout suggested yoga so I decided to give it a shot, and it's been the single most helpful thing we've tried so far besides what we learned from Freeing Your Child From OCD. He loves picking out 10 cards every night and I arrange them in some sort of logical order (usually progressing from standing to sitting...I have no yoga experience so this is just something I'm figuring out as we use them). We just do them on the living room rug (since we don't own yoga mats) and wearing our normal clothes. I think the kid orientation is really freeing for my husband and I to not worry about wearing the right clothes or going to the right place to do yoga...we just do it. For my son, it is very calming and focusing. I will not say he miraculously becomes a sedentary angel, but he does have an easier time sleeping or sitting at the table for supper. My husband and I have also benefited from the yoga. He had a horseback riding accident and I had an artery dissection in my neck so both of us live with some chronic pain. We have never let it slow us down and I don't think the kids even know because we're still really active and don't talk about it. But the yoga has definitely improved our symptoms as well. We're less stiff, more limber, and bounce back faster after activities that may flair our symptoms. So I'd definitely recommend this as a family activity! My 18 month old daughter likes to do this with us, too. She doesn't stay through the whole session but she observes, comes and goes, tries out a pose we're doing, and moves on. I like that the box opens from the top so it's easy to get the cards in and out. The cards are very sturdy and

have held up well to my rambunctious kids. I like the illustrations...pleasant and well done.

I use these cards with my first grade students during indoor recess or when they need a break during the day. The cards are larger than I thought (similar to typical flashcard size) and very sturdy. They each have a picture of the yoga pose on one side and a short poem describing how to complete the pose. My kids really like them and are learning to complete the poses without reading the directions. I am not a yoga expert by any means, but the cards made it very easy for all of us to understand the poses. Excellent resource if you are looking for something easy and simple to help kids develop an interest in yoga.

The images on the box are not representative of what is on the cards. The images on the cards are difficult to understand and are not realistic. Its the same art style but the cards don't just show kids in yoga poses. For example, the airplane card shows a kid flying in the sky instead of doing the pose on the ground. This did not work for our purposes and they were returned. They come wrapped in plastic, so you have to pay a \$5 restocking fee just to look at them.

The cards are easy to read and the poses are great (for my 4 year old!). We love this yoga set for kids and play with it all the time. There's poems on the back of each card that describe the movement in yoga. It's a great product, I recommend it to anyone from Beginner through Intermediate with Kids for yoga. We love this product!

I didn't look at the size before I ordered them but I was nicely surprised. They come in a sturdy box with a completely removable lid. The cards themselves are about as sturdy as playing cards. They measure 4X6 inches. Each card has a color picture, an upper- and lower-case letter and the name of the pose on the front. The back has a poem describing how to do the pose. Most letters have more than one card/pose. Some poses mirror adult yoga poses, others are a bit different. The only thing I didn't like about this set is that the cards can be difficult to get back in the box. Overall, pleased with the purchase.

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