



# Yoga For Children: A Complete Illustrated Guide To Yoga

By Swati Chanchani, Rajiv Chanchani

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As yoga becomes more popular throughout the world, there is a pressing need for a good book on Yoga for children, which is authoritative, appealing, informative and enjoyable. Yoga For Children fulfills this need admirably. It traces the roots of Yoga in mythology and legend, and includes many stories and tales bringing out the quality of, and inspiration for, the postures. It also stresses the links of the postures to the natural world - trees, mountains, flowers, animals. The book lays emphasis on the universal moral and ethical values implicit in the practice of Yoga such as non-violence, truth, self-discipline, simplicity and contentment. Besides, it highlights the geometrical forms and precision in the postures, so that children can relate to these abstract concepts through what they have learnt in their body movements. Each Yoga posture is explained through photographs, drawings, stories and detailed instruction with figures illustrating several stages in performing the posture. Important 'dos and don'ts' and the benefits of each posture are also given. The highlight of the book is a detailed section meant for parents and teachers comprising specific guidance on keeping the children practising Yoga creatively, enjoyable and safely.

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