

The ABCs of Yoga for Kids: A Guide for Parents and Teachers

Teresa Anne Power

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An Academics' Choice Smart Book Award Winner, *The ABCs of Yoga for Kids: A Guide for Parents and Teachers* highlights the myriad benefits of utilizing yoga at home, at school, and in life in general. Children's yoga guru Teresa Anne Power creates warm ups and routines while encouraging creativity, fun, and a sense of wonder in motion.

A companion to *The ABCs of Yoga for Kids*, the best-selling picture book demonstrating an alphabet of colorful poses for little yogis, the parent-teacher guide is a behind the scenes addition, referencing the original while expanding on basic principles. "Childhood Challenges" such as stress and ADHD are addressed, and yoga is introduced as a healthy alternative or supplement to treatments and lifestyle choices.

Colorful illustrations by Kathleen Rietz add an element of fun and whimsy, even while demonstrating various poses and techniques. A girl in Butterfly Pose has wings and antennae, and a bowl of fruit balances on the belly of a child practicing Table Pose. The inclusion of a free CD with songs written by Jimmy Dunne ensures that parents and teachers have everything needed to confidently introduce yoga to the young people in their lives.

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