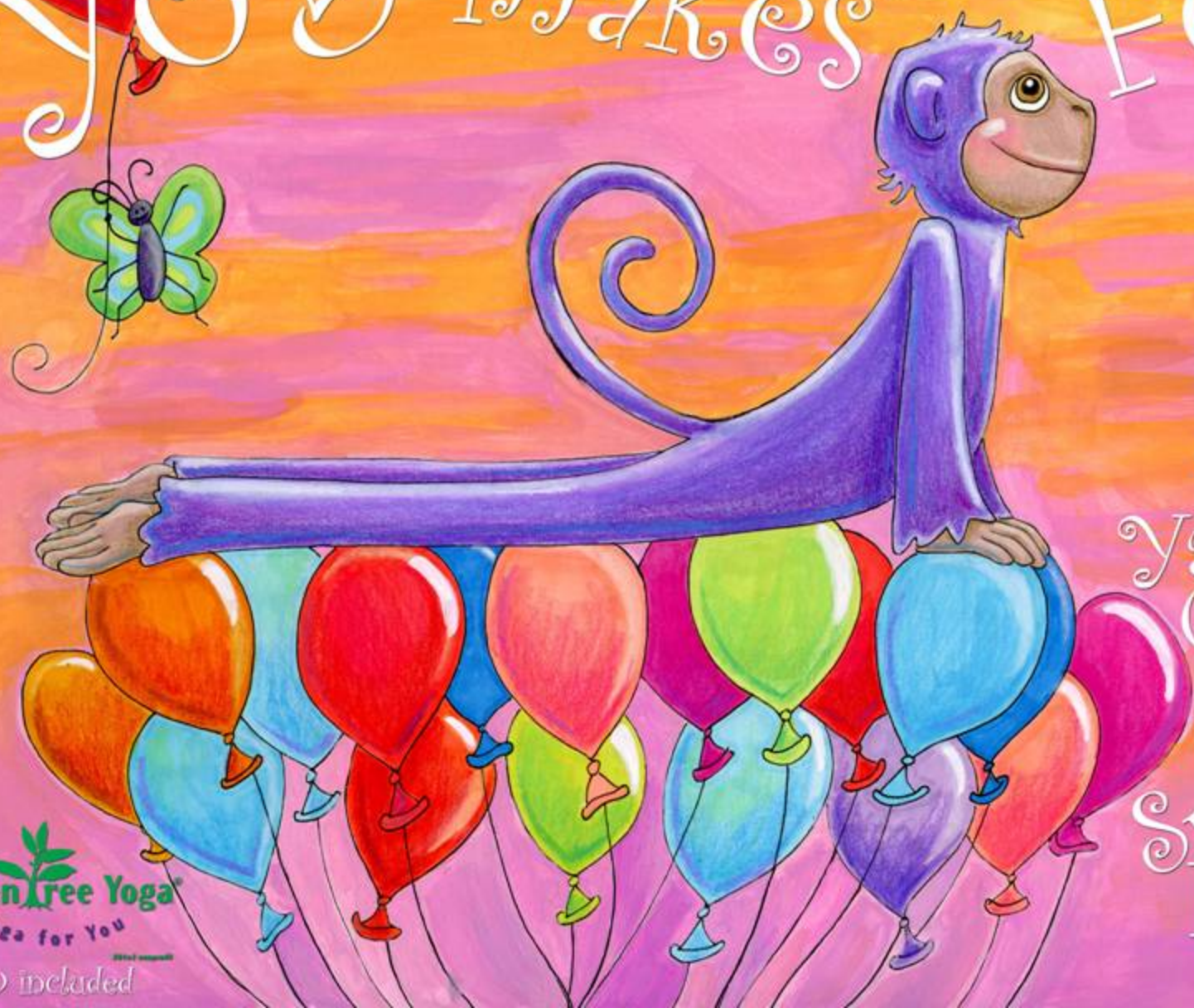


Yoga makes me Feel...



written by
Yael
Calhoun

illustrated by
Svea
Lunøe


Green Tree Yoga®
Yoga for You

CD included

INTRODUCTION

This book is offered as a way to introduce young children to yoga. Young children immediately connect with yoga for two simple reasons: yoga is intuitive and yoga is fun. Yoga can provide children with the same benefits as adults: increased energy, body awareness and definition, balance, strength, focus and concentration, and stress management skills. But doing yoga with children has a wonderful difference. Science continues to show us that the young mind is much more open to change and to learning new things ~ music and languages are good examples. So what better time in life to introduce someone to a powerful tool for healing, for stress management, and for exploring who we are?

This book was developed using yoga teaching experiences from a YWCA shelter and The Children's Center, a school for young children with emotional issues, in addition to teaching in public schools too numerous to name.

Please keep in mind that an intention of yoga is to create a safe place, both in the body and in the mind. So let children find the pose that works for them today, using the book as a general guide. If children need to keep their eyes open all the time, that is fine. If they need to remain seated and alert instead of lying down, please respect that they have an awareness of what is needed and may find their way with time.

Please have as much fun with this book as we have had.



Yael Calhoun, MS, MA, RYT

Salt Lake City 2010

The CD included in the book is from GreenTREE Yoga's LittleTREE Yoga program.
The DVD is available at www.greentreeyoga.org.



Yoga makes me feel... SILLY.

Shanti the monkey is doing Downdog.

Can you bark like a puppy?

Can you lift your right leg toward the sky and wiggle your toes?

And then put the right leg down before you bark like a very big dog.

Can you lift your left leg high in the air and point your toes toward the sun?

**And then put the left leg back on the ground
so you can wiggle your tail back and forth.**

Now that's SILLY!



Yoga makes me feel... BETTER.

Shanti the monkey is doing Bee's Breath.

**Can you pretend there's an angry bee buzzing around you
and make an angry face?**

Can you take a big breath in and buzz like that angry bee?

Bzzzzzzzzzz.

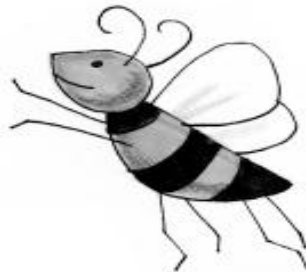
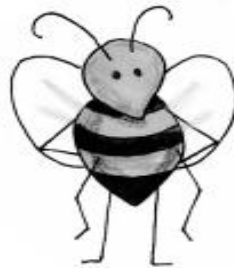
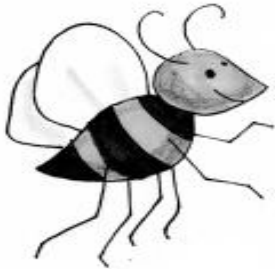
Oh look -- now there's a happy bee buzzing around you.

Can you buzz with a big smile on your face?

Bzzzzzzzzzz.

**And you can always pretend to find an angry bee when you need
to buzz away an angry or upset feeling.
And then remember to find a happy feeling
by buzzing a happy bee!**

Now that feels BETTER!





About the Author

Yael Calhoun, MS, MA, RYT, is an author and educator with 30 years of experience. She is the Executive Director of GreenTREE Yoga, a nonprofit, and a certified yoga teacher.

www.lilapress.com

More info and free materials on kids' yoga:

www.greentreeyoga.org

Young children immediately connect with yoga for two simple reasons: yoga is intuitive and yoga is fun. So what better time in life to introduce someone to a powerful tool for healing, for stress management, and for exploring who we are?

I love this book! ... It highlights yoga in a playful way, giving teachers and parents all over the world, a fun easy way to engage children in a traditionally adult form of meditation and relaxation.

~ Beth Brewster, Executive Director
Giving Asha, USA and Nepal

... Yael and Svea will take the children in your life on a journey that can expand their horizons. What a gift!

~ Emily Traupman, PhD, RYT, Seattle, WA

... Our preschool groups can use the poses during times of dysregulation to increase structure, individual body awareness, and to down regulate the group into a calmer state. ~ Sandra Valentine, LCSW, Salt Lake City

Yoga Makes Me Feel... is accessible, down to Earth and an eye-pleasing treat. Surely it will spark the imagination of any child ... ~ Katy Proietti, RYT, Denver, CO

Yoga Makes Me Feel... is beautifully illustrated and written simply for children to explore the poses and learn about their bodies. It will serve as an excellent foundation for a lifelong habit of stretching and body awareness.

~ Nicole Mihalopoulos, MD, MPH, Salt Lake City



About the Illustrator
Svea Lunøe, RYT, is an illustrator and a certified yoga instructor. She is also the mother of a young son and twin baby girls.

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