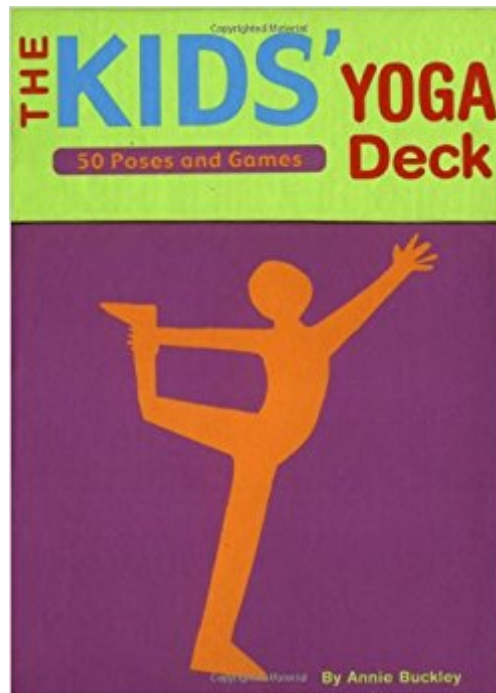




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The Kids' Yoga Deck: 50 Poses And Games



Synopsis

Yoga is fun! Get kids bending, breathing, and stretching with The Kids Yoga Deck. Playful poses such as Cat, Flower, Airplane, and Gorilla as well as partner poses that can be performed with friends teach kids the basics of yoga. Easy enough for children to do on their own, The Kids Yoga Deck engages bodies and minds to help youngsters build strength, flexibility, balance, and mental focus.

Book Information

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Customer Reviews

Annie Buckley MFA, is an artist and teacher. She lives in Southern California.

I had a deck of photos of kids doing yoga poses, but I lost it. I got these to replace them. I was worried that the pictures were too abstract compared to the photos. But they seem to be working out well enough. The kids are able to look at the pictures and figure out What to do. Maybe they're better than the photos because there's not so many details to distract the kids.

Fun yoga poses to do with kids! Directions are easy to follow, and it definitely keeps kids engaged. I do wish that the cards had the official yoga pose names on them though, instead of other, similar names. I'm not a yoga guru, but I was trying to relate the post to what I'd done in yoga class before, and the names of the poses on the cards were confusing me. But, I still gave it five stars!

I use this with my students on the ASD spectrum. The pictures help and the wording of how to get

into the poses is easily explained. WE have fun doing this everyday. I highly recommend. Good for all ages, even adults who are new to yoga! I have found that starting of the day with a yoga pose and deep breathing makes a huge difference in my students (and my own) performance.

I absolutely love these yoga cards. I use them with my preschoolers during indoor recess or when we need a brain break. They love being able to pick out the next move or a color!

The images are hard to use as a guiding tool for a newbie like me but perhaps someone with more knowledge would find these useful in expanding their repertoire.

The delivery was painfully slow. Once I finally received The Kids Yoga Deck, I was disappointed by the quality of the drawings on the cards. I know my five-year-old daughter will lose interest in these quickly, if they ever grab her attention at all. The picture on the outside box is what they all look like inside. Each card has a "shadow image" figure; basically a stick-figure gesture drawing but slightly fleshed-out to look more like a shadow on a wall. The "partner poses" are okay. The "resting poses" are okay. The "breathing poses" are generally poorly written, in my opinion. The cards with the sitting and standing poses, upside-down and forward bending poses, backward-bending poses, and twisting poses are hit-and-miss. Many descriptions are missing important details for how to do the pose. I don't understand why some of the made-up names were used for the poses (ex: "rock" instead of Child's Pose, "snake" instead of Cobra). Sure, the cards can give parents and teachers ideas, but it seems to me that being already trained and knowledgeable about yoga would be important for anyone who seeks to teach using these cards as inspiration.

I'm a complete beginner with yoga but have taken a few sessions at the YMCA. When she was 2 my daughter expressed interest in simple yoga poses when I did them. I found a beginner's yoga iPhone app through which she learned a few poses. This deck is easy for her to use and she loves picking one out and bringing it to me to ask if she can do it or, if it's a partner one, if we can do it together. I've had it a few months and she still isn't tired of it. The cards are large, colorful, and durable enough that she hasn't bent one yet. I love the fact that the cards are color coded by category so I can easily spot the type of stretch or rest desired. They come in a sturdy box with separate lid that is much better than the typical playing card box that gets torn up the first time your kids get their hands on it.

Just what I wanted for a 27-month-old grand-daughter to learn very simple poses to eventually more complicated ones. The day after we did the "Tree" pose (which she could not even fathom) - she was doing it all over the house hanging onto a wall. Eight days later she was suddenly doing it correctly, free-standing. Just like she's learning Spanish. Great item. Recommend the durable box of durable cards.

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