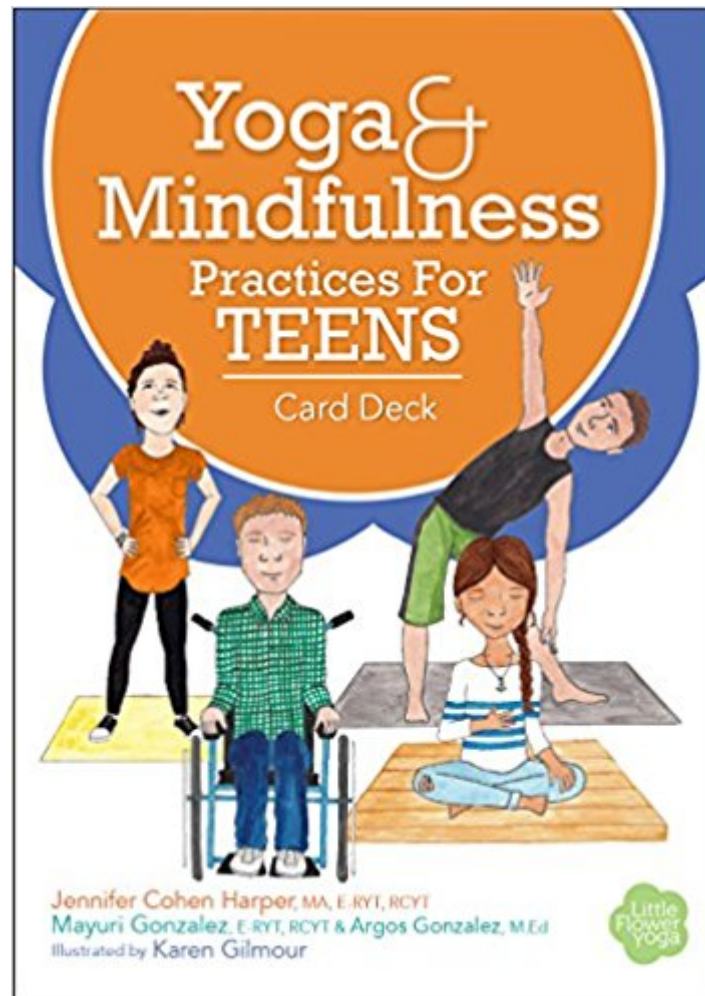




The book was found

# Yoga And Mindfulness Practices For Teens Card Deck



## Synopsis

Based on her widely acclaimed card deck for children, mindfulness and yoga expert (and parent), Jennifer Cohen Harper, with Mayuri Gonzalez and Argos Gonzalez, have created a deck especially for teens to support a more balanced and healthy life. Yoga and Mindfulness Practices for Teens Card Deck offers over 50 practices to help teens become stronger, more flexible, get better rest, manage anxiety and learn to navigate stressful situations without becoming overwhelmed. Beautifully illustrated by Karen Gilmour, coupled with easy-to-read and easy-to-implement instructions. Divided into five elements, Connect, Breathe, Move, Focus and Relax, along with partner and group practices, this card deck is comprehensive yet accessible tool kit for teens themselves, as well as for parents, teachers, clinicians, coaches and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: - Self-compassion practice - Mindful tech exploration - Power poses - Grounding in the present - Releasing nervous energy - Mindful listening - Back to back breathing - Gratitude practice

## Book Information

Paperback: 58 pages

Publisher: PESI Publishing & Media (September 12, 2017)

Language: English

ISBN-10: 1683730909

ISBN-13: 978-1683730903

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #133,894 in Books (See Top 100 in Books) #7 in Books > Humor &

Entertainment > Puzzles & Games > Card Games > Trading Card Games #258 in Books >

Science Fiction & Fantasy > Gaming #399 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Jennifer Cohen Harper is the founder of Little Flower Yoga, and The School Yoga Project, which brings yoga and mindfulness to schools nationwide. She is the author of Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance, co-editor of Best Practices for Yoga in Schools, and creator of the bestselling Yoga and Mindfulness Practices for Children Card Deck. Jenn leads yoga and mindfulness teacher trainings nationwide,

provides therapeutic classes to children and families, and continuing education to mental health and education professionals. Mayuri Breen-Gonzalez, E-RYT, RCYT, is a nationally recognized presenter, trainer and instructor in mindfulness and children's yoga, leading teacher trainings and continuing education seminars at renowned retreat centers such as The Omega Institute and IONS Earthrise Center. She has more than 25 years of experience practicing yoga and mindfulness, and provides therapeutic yoga classes to children and families as well as teaching yoga and mindfulness classes in schools and community centers. Argos Gonzalez, M.Ed., is a teacher, lecturer, and mindfulness and yoga instructor. He has 13 years of experience teaching high school in the Bronx and teaches pre-service and in-service teachers at Hunter College School of Education in NY. Argos is certified through both Mindful Schools and Little Flower Yoga (LFY), and currently serves as the director of professional development for The School Yoga Project, a program of LFY.

Illustrated by Karen Gilmour

[Download to continue reading...](#)

Yoga and Mindfulness Practices for Teens Card Deck Yoga and Mindfulness Practices for Children Card Deck Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga For Teens Card Deck Growing Happy Card Deck: Positive Psychology Practices for Teens & Adults Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Giant Rider-Waite Tarot Deck: Complete 78-Card Deck Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) Yoga: The Top 100

Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)