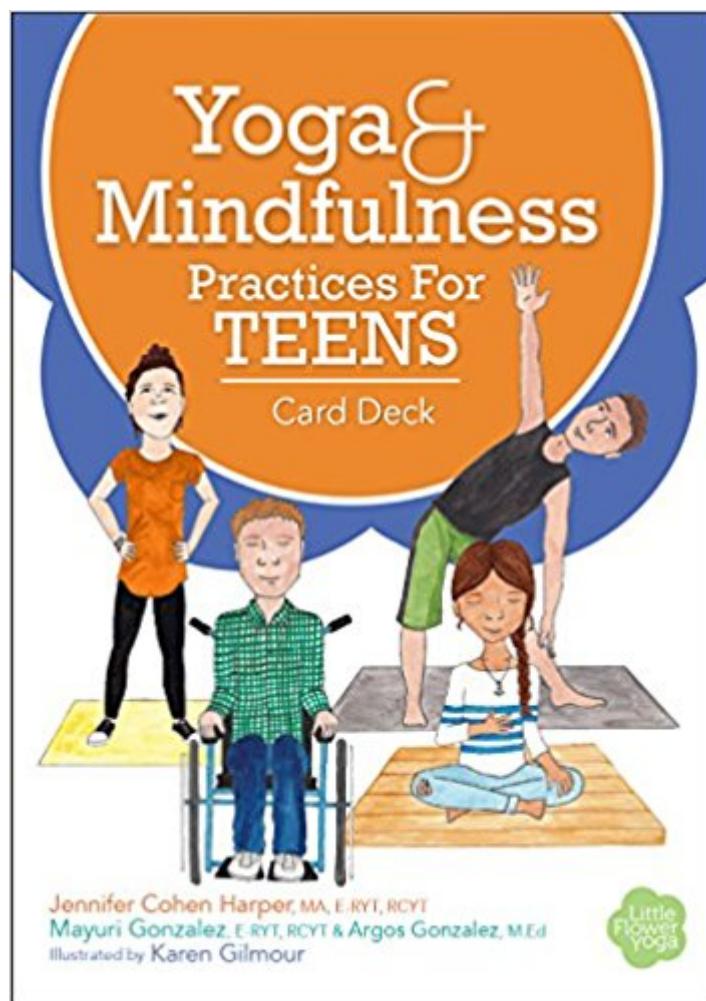


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# **Yoga And Mindfulness Practices For Teens Card Deck**



## 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

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## 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

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