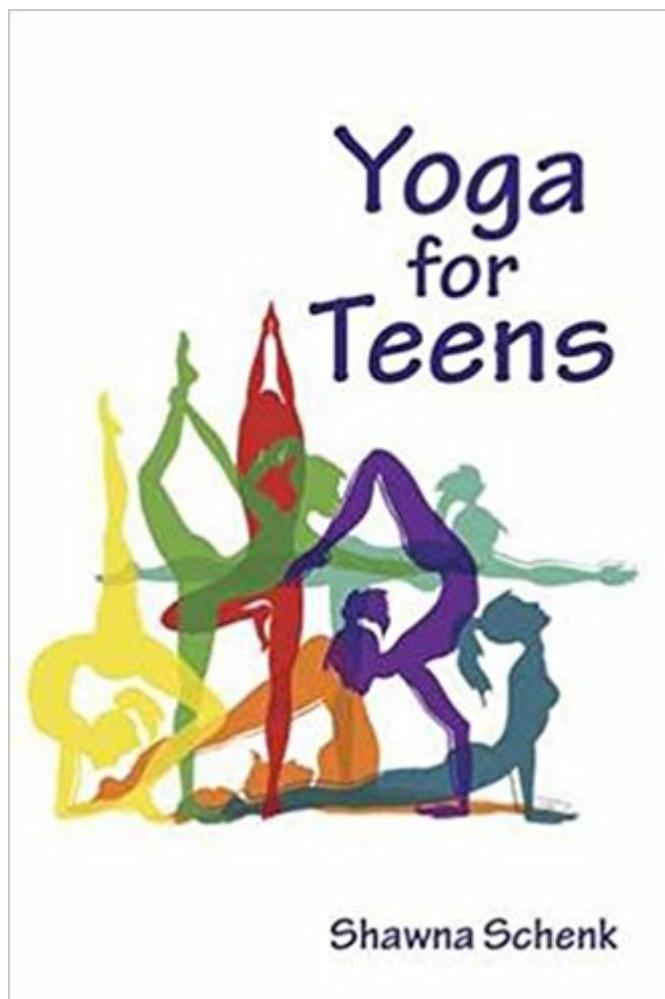


The book was found

## **Yoga For Teens**



## Book Information

Paperback: 192 pages

Publisher: Lotus Press (June 7, 2016)

Language: English

ISBN-10: 0940676346

ISBN-13: 978-0940676343

Product Dimensions: 6.1 x 0.4 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #320,732 in Books (See Top 100 in Books) #11 in Books > Teens >

Personal Health > Fitness & Exercise #882 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Shawna is a San Diego yoga teacher, Reiki master, author, and spiritual activist leading classes, workshops, teacher trainings, retreats, and festivals throughout North America. She has created teacher trainings and authored a number of books. She is the founder of Yin-Reiki, Chakra Camp, and Project Breath---all yogic practices and communities centered on finding bliss through peace, and has created the first ever Yoga Teacher Training for Teens to teach teens to be yoga teachers for other teens! She has a Master in Writing Arts and BA's in Sociology and Early Childhood Education.

Excellent item. Very happy with purchase. Highly recommended.

Yoga for teens is so invaluable to the development of the mind and body of a young individual. This book is something I want all of our newer generations to read and apply to their life. It is a great tool for anyone wanting to build self confidence and being a role model for other teens. Awesome book!!

I wish I had this book when I was a teenager! It helps teens (it could help all of us) be honest about our emotions and explore our energy, feelings, and personalities in honest, heart-felt exercises. A must-read!

This is a great book for teens as well as adults just leading yoga and something great for parents to

do with their kids!

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

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: 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: 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 Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) 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) 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) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy BodyÃ¢â'¬â•FAST! Light on Yoga: Yoga Dipika Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help