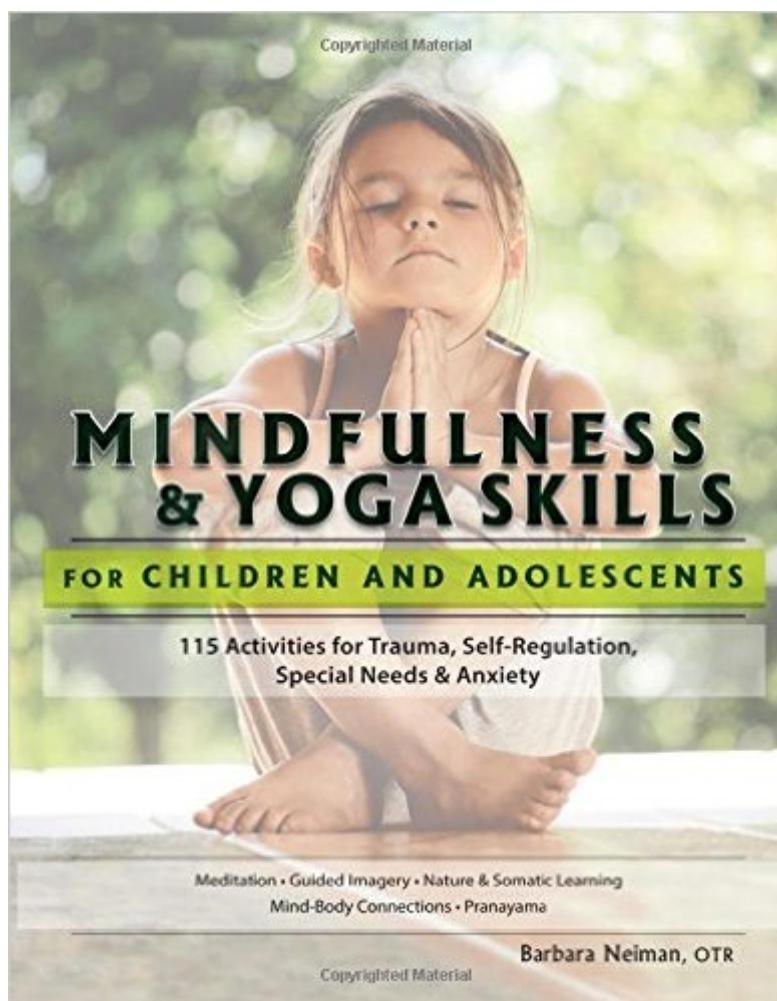


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# Mindfulness & Yoga Skills For Children And Adolescents: 115 Activities For Trauma, Self-Regulation, Special Needs & Anxiety



## **Synopsis**

New and unique exercises in yoga, meditation, guided imagery and somatic explorations fill this comprehensive skills guide. This book is brimming with 115 practical and easy to use tools and stories supporting critical life skills for families, classrooms and therapy sessions. Holistic strategies include: -Meditation to support body-mind-spirit connection -Yoga pose adaptations for Autism, sensory processing & special needs -Trauma sensitive and grounding guided imagery -Parenting tools to tune to our somatic self and enjoy silence and nature -Designing a personal mantra and contemplation -Classroom interventions for building life skills

## **Book Information**

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (5 customer reviews)

Best Sellers Rank: #108,471 in Books (See Top 100 in Books) #89 inÂ  Books > Medical Books > Psychology > Adolescent Psychology #97 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #116 inÂ  Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

## **Customer Reviews**

As a parent, physical therapist working with children and adults, and for caring for my own health needs, I find this book a great companion and resource. I especially appreciate how Ms.Neiman integrates stories and her experiences which make this fun and easy reading. The imagery in the exercises help me to experience the physical postures more fully and I feel expanded, relaxed, rejuvenated and more light-hearted. Children really enjoy the playful imagery to inspire their participation in these coordination, strength and flexibility building exercises!

This book would be helpful to teachers and parents in applying mindfulness tools in classrooms and homes. Barbara's stories offer engaging illustrations of the applications of these techniques and can help to bring Yoga to the larger community. The book provides helpful and practical illustrations.

Full of gems but so haphazardly organized that one suspects a thought disorder in the author! Please find an editor, as you have much to offer but the reader is tripped up frequently by unclear associations, non sequiturs, references to practices you haven't described.

I highly recommend this book to teachers, counselors and other clinicians who work with youth. The evidenced based practices are presented in an accessible and easy to comprehend manner for the layperson.

Excellent Read and a Must Have! Full of extremely useful information!

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