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### **Little Flower Yoga For Kids**

Little Flower Yoga for Kids is a wonderful introduction to present-moment awareness and mindfulness through a grounded and playful yoga practice. It is an inspiring resource for children and their parents. Sharon Salzberg, Author

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practices to help them pay better attention and balance their emotions, all while building physical strength and flexibility.

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mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility.

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Little Flower Yoga For Kids by Jennifer Cohen Harper, is a book developed by a teacher and certified yoga instructor. As a teacher I see many of the exercises useful To promote relaxation and focus for all students. Hopefully, with increased focus comes closer attention in class, greater participation and elevated self-esteem.

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Cohen Harper, founder of Little Flower

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format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions-all while building physical strength and flexibility.

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Community Yoga of Davidson is committed to creating a beautiful, safe,

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nurturing environment where all people are honored and inspired to practice yoga on and off the mat. Our promise as a center is to celebrate, grow, love, and laugh together as a community.

## **Community Yoga Home1 - Community Yoga**

Together we learn how to ground when

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unsettled. Energize when feeling sluggish. Focus when distracted. Take the high road of responding instead of reacting impulsively. These little yogis will amaze you! Now offering Grounded Kids Yoga classes for ages 5 - 10 and Aerial Yoga & Dance classes for ages . 8-15.

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