



What I See, I Can Be – Yoga Flow for Children Review

By Julia Gabriel

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<http://www.nugglemama.ca/2011/03/what-i-see-i-can-be-yoga-flow-for.html>



Earlier this week I posted a fantastic guest post from Janet Williams that discussed the current [children's health crisis](#). It touched a chord with me as I often worry that my kids aren't active enough. They sit at school, at home in front of the computer and TV, then when I push them to go outside the groans I get can be heard blocks away.

I feel it's important that they get active and stay fit, so I happily limit their time in front of gadgets and kick them outside on a regular basis - even when I get the dreaded eye rolls.

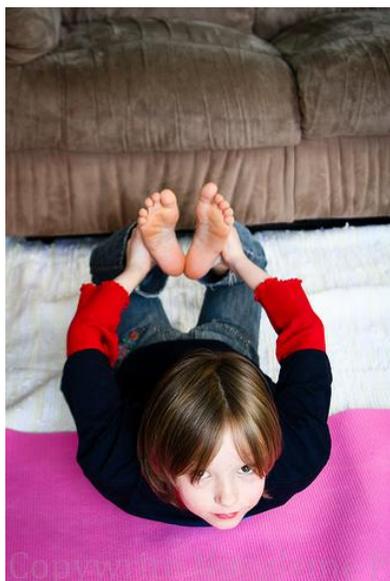
When I started my journey to fitness (#byebyebuldge) the kids naturally were interested in what I was doing and wanted to participate with me. The workouts I do aren't geared for children - they couldn't keep up, and their interest quickly waned. That is why I was so thrilled when I came across *What I See, I Can Be*.

What I See, I Can Be, is a yoga flow that is specifically designed to be fun, safe and age appropriate. Geared for children ages 3-9 it seemed a perfect fit for my family. I contacted Janet right away and was thrilled when she agreed to send me a copy of the DVD and Book with audio disk to review.



As soon as it arrived my kids picked up the book and dived right in. The older one read the book to the little ones and then they all bounced around me asking me to put on "their" exercises. Think they were excited to have something special just for them? The pictures speak for themselves.

My three younger girls really enjoyed the DVD and the book/CD. The DVD is essentially the book as a slideshow with a window showing two children engaging in each pose. All three girls were able to do all the poses, although the three year old spent half the time trying to climb on her sisters. Silly girl.



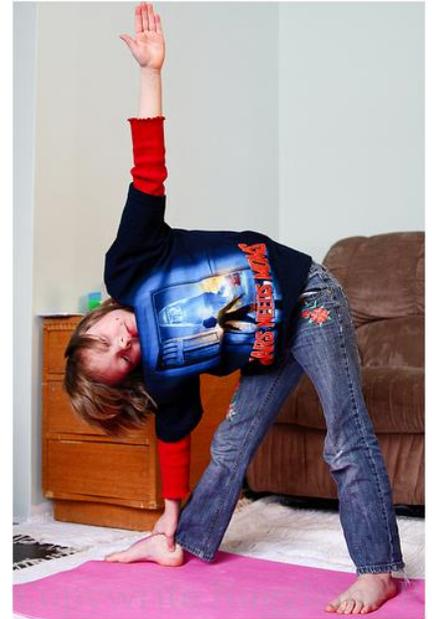
The kids even rested for a minute (Savasana) to the calming music that plays at the end. Ahh blissful silence.

The kids' interest has stayed strong in the 2 weeks that we have had *What I See, I Can Be* in our house. The 3 year old asks a number of times throughout the day to do her exercise and my 8 year old comes home and almost immediately asks me to put on the DVD. I usually put off the wee one so she can be part of the fun with her sisters. If they feel as good as I do after yoga, it's no surprise they keep asking for it. I even caught Miss V reading the book to herself. She's able to walk through the book on her own even though she isn't reading yet.

These are some of the reasons I love *What I See, I Can Be*:



- Low impact
- Fun!
- No equipment required
- Can be done outside on nice days and inside on rainy days
- Perfect for small spaces
- Created by a Teacher and certified Hatha Yoga Instructor
- Fun! (it really is)



What I See, I Can Be is available for purchase online through [Light Connections Press](http://LightConnectionsPress.com). They have a great family of products for home and classroom use, priced from \$8.99 and up. Perfect if you are looking to incorporate 15-20 minutes of exercise into your students' day in the classroom. I will be adding this to the list of things I recommend to my family and friends. How do you get your kids active every day?

Watch the video of children doing Yoga and following along to *What I See, I Can Be* DVD.



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*Disclosure by Julia Gabriel - I was sent review copies to facilitate this review. All opinions expressed are my own.