

Easy to Use Yoga Resources for Children!

Perfect for DPA and Physical Education

Product	Description
<p>Item # 101</p> 	<p>Award-Winning Hard Cover Story Book & Follow Along Audio CD</p> <ul style="list-style-type: none"> ▪ Hard cover 32 page Picture Book 8.5"x8.5". Comes with 30 minute CD. ▪ Perfect for teachers and parents to provide children with a safe and fun yoga workout or Daily Physical Activity (DPA). Appropriate for Ages 3-9. ▪ Children in book demonstrate yoga positions, while exploring nature. ▪ Printed in Canada on Environmentally Friendly FSC Certified Paper. <p>CD</p> <ul style="list-style-type: none"> ▪ Use CD separately or as a follow-along book to encourage young readers. After 20 minute workout, music plays for 10 minutes for calm transitioning.
<p>Item# 102</p> 	<p>DVD</p> <ul style="list-style-type: none"> ▪ Follow Along DVD. ▪ 20 minute workout with relaxing music. ▪ After the workout, a 10 minute relaxation session follows to allow for calm transitioning. ▪ Made in Canada. <p>Item# 103</p>  <p>Full Size Poster</p> <ul style="list-style-type: none"> ▪ Full Size Glossy Poster. ▪ Excellent for instruction. ▪ Children will feel inspired when they see the poster and will be able to easily do the poses safely. ▪ 24" x 36". ▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.
<p>Item# 108</p> 	<p>Yoga Match: A Memory & Movement Card Game</p> <ul style="list-style-type: none"> ▪ 30 cards of 15 poses. ▪ Children exercise their bodies and minds as they play the memory game. ▪ Cards are 3" x 4". ▪ Printed in Canada. <p>Item # 105</p>  <p>Colouring & Activity Book</p> <ul style="list-style-type: none"> ▪ Soft cover. ▪ Fun activities & pages to colour. ▪ 8.5" x 11", 20 pages. ▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.
<p>Item# 500</p> 	<p>Total Relaxation CD</p> <ul style="list-style-type: none"> ▪ This peaceful visualization is delivered in harmony with serene music. ▪ Experience relaxation from head to toe. <p>Item# 106</p>  <p>Children's Colour-Me Poster</p> <ul style="list-style-type: none"> ▪ Oversized Black & White Poster 11" x 17". ▪ Printed in Canada on Environmentally Friendly FSC Certified Paper.
<p>NEW! Item# 302 & 303</p> 	<p>Eco Friendly Yoga Mat</p> <ul style="list-style-type: none"> ▪ 2 sizes available: Full Adult & Small Kid's ▪ 100% Environmentally Friendly ▪ Made with TPE (no Toxic PVC) ▪ Kid Friendly Poses on Mat ▪ Printed in Canada <p>Item# VP3</p>  <p>Teacher's Value Pack*</p> <ul style="list-style-type: none"> ✓ 101 Book & CD ✓ 102 DVD ✓ 103 Full Poster ✓ 105 Colouring Book ✓ 106 Colour-Me Poster ✓ 108 Yoga Match Game ✓ 500 Relaxation Visualization CD <p><i>*Best Value for Teachers</i></p>