

Kids Need Yoga



The Benefits of Yoga for Kids:

- Increases Flexibility and Strength
- Improves Balance
- Enhances Concentration and Focus
- Practices Being Present and Mindful
- Boosts Confidence
- Promotes Health and Stress Management
- Builds Positive Peer and Social Interactions
- Sparks Creativity and Expression

Read our customer testimonials!

gogoyogakids.com/reviews

What are the best yoga poses for kids?

Get your complimentary yoga pose guide:
www.gogoyogakids.com/poses

About Sara J. Weis



Sara J. Weis is a creative and passionate teacher that has inspired children for over twenty years. Through Go Go Yoga for Kids, she has combined her experience as a school teacher and as a certified kid and adult yoga instructor to help

introduce children to the lifelong benefits of yoga.

She holds a master's degree in education as well as bachelor's degrees in early childhood and elementary education. Sara has invested countless hours creating and leading yoga games, lessons, and movement activities with thousands of kids. She feels strongly about having all of the ideas, strategies, and lessons in one place so that anyone who works with kids will be able to introduce yoga with confidence and success.

Sara leads kids yoga classes for a nationally known health and fitness club. She lives in West Des Moines, Iowa with her three children, husband, and her yoga pup, Rocky.

 gogoyogakids.com/store

 training.gogoyogakids.com

 www.facebook.com/gogoyogakids

 www.twitter.com/gogoyogakids

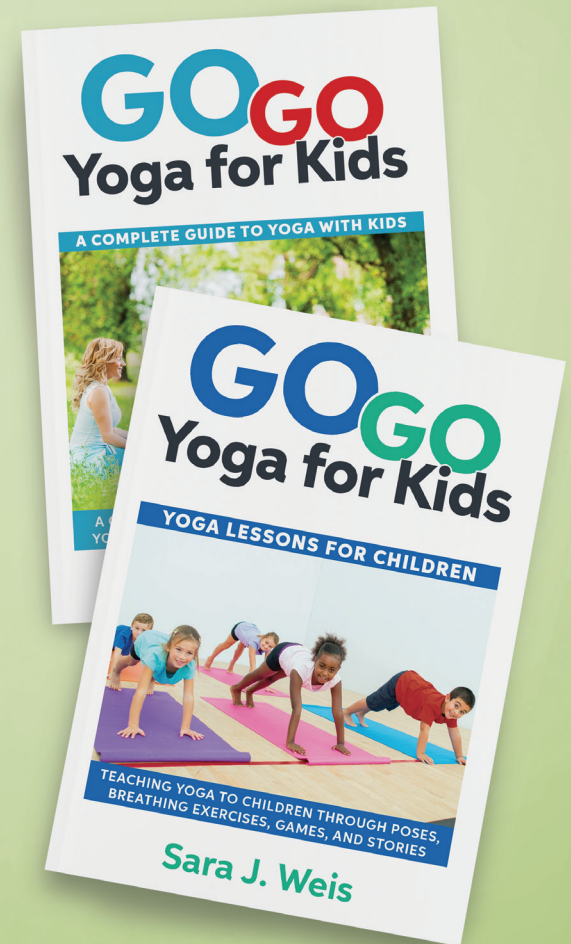
 www.pinterest.com/gogoyogakids

 www.instagram.com/gogoyogakids

 gogoyogakids.com/youtube

GO GO Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN



www.gogoyogakids.com

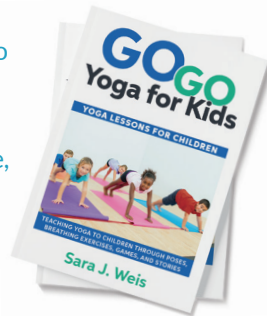


Yoga is fun!

Get kids fit, flexible and focused with **Go Go Yoga for Kids: A Complete Guide to Using Yoga With Kids**.

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, **Go Go Yoga for Kids** is the resource for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games.

If you are looking for ways to effectively teach yoga to children and increase their mindfulness, self-confidence, stress management, and self-control, **Go Go Yoga for Kids: Yoga Lessons for Children** provides all the tools and resources you will need. Parents, teachers, children's yoga instructors, counselors, and health care professionals will find this guide introduces yoga to children at a whole new level.



Go Go Yoga for Kids Includes:

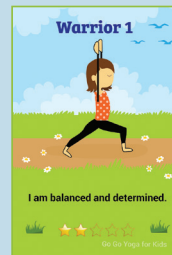
- Over 150 fun and creative yoga games, poses, and activities for all ages
- Ways to bring mindfulness and awareness to all children
- Easy ways to incorporate yoga in the home, school, or other settings
- Partner poses, balance activities, and group challenge ideas
- Engaging ready to use yoga lesson plans
- And much more!



The Kids Yoga Challenge Pose Cards

Introduces you and your kids to yoga poses that will increase balance, flexibility, mindfulness, and more. This durable card deck includes 40 4x6 poses including partner poses, confidence building pose mantras and fun games to play together.

The Kids Yoga Challenge Pose Cards Include:



- Empowering pose mantras for beginners and meditation
- Poses rated from 1-5 stars based on difficulty
- Easy to follow poses for your own yoga routine
- 15 bonus games to play using the pose cards
- Tested and proven yoga poses to bring most mental and physical benefit
- Takes only minutes each day to gain lifelong skills and health benefits

NEW! Visit the app store to download our Kids Yoga Challenge App!

Challenge kids with balance, flexibility, mindfulness, and more. This card deck includes 40 pose cards and fun games.



KIDS YOGA & Mindfulness TEACHER TRAINING

Take all of the guesswork out of teaching yoga to children. Our *Kids Yoga and Mindfulness Online Teacher Training* will instruct you in teaching kids yoga to children of all ages in our easy to follow, step-by-step format.

You will learn:

- The secrets to teaching kids yoga
- Proven class management strategies so your class flows effortlessly
- Easy no-fail kids yoga lesson planning
- Exact breathing exercises for calming and relaxing children
- The best yoga poses for growing kids
- Yoga games galore that kids will want to play again and again
- Best yoga props to use with children to make class memorable
- Effective ways to manage and motivate your students
- How to create mindfulness in children
- Everything you need to know to teach kids yoga professionally

If you're looking to teach kids yoga, this is the place to begin! No yoga experience required. Our training is open to all who want to introduce yoga to children in healthy and engaging ways including:

- Educators
- Parents
- Health-Care Professionals
- Other Child-Focused Professionals

Visit training.gogoyogakids.com for more information.