

## Children's Yoga Books

### For Little Ones:

***Babar's Yoga for Elephants*** by Laurent De Brunhoff

Babar is more flexible thanks to his yoga conditioning. Includes illustrations of poses, but mostly it's a Babar book. Call Number: J 613.7046 B895b

***Sleepy Little Yoga*** by Rebecca Whitford and Martina Selway

This little picture book illustrates a short yoga routine to help a child relax before bedtime. It includes a text explanation and photos of real children in the poses after the story. Call Number: J 613.7046 W595s

***Little Yoga*** by Rebecca Whitford and Martina Selway

A child-friendly picture book that shows a yoga baby imitating animals. The back of the book shows real children in the yoga positions and includes some practice recommendations. Call Number: J 613.7046 W595L

***Peaceful Piggy Meditation*** by Kerry Lee MacLean

Peaceful pigs demonstrate the benefits of meditation. Every day, they go to a peaceful spot to meditate and breath, helping them to relax in a busy and sometimes frustrating world. Call Number: E MacLean

***Peaceful Piggy Yoga*** by Kerry Lee MacLean

Every piggy loves yoga! This picture book guide shows kids classic yoga poses, complete with instructions.

Call Number: E 613.7046 M163p

***Yoga Bear: Yoga for Youngsters*** by Karen Pierce, RYT

A great introduction to yoga for children that includes photographs, illustrations, and even fun rhymes! Children pretend to be different animals while completing yoga stretches. Call Number: JE 613.7046 P616y

### For Older Children:

***Yoga in Action*** by Bobbie Kalman

This book is geared for children who want to use yoga for self-care and conditioning. It is thoroughly illustrated with a variety of older children in the poses. Call Number: J 613.704

***I Love Yoga*** by Mary Kaye Chryssicas

This Dorling Kindersley book is a large format photographic essay on a yoga class. It includes more poses than *Yoga in Action* because it includes partner poses and a yoga game. Call Number: J 513.70465 C558i

***Fly Like a Butterfly: Yoga for Children*** by Shakta Kaur Khalsa

Illustrated with black and white photographs of children in dozens of poses. Call Number: J 613.7046 K52f



# Yoga Glossary

**Asana-** pose which really means “take a comfortable seat”

**Balance-** holding the body so that both sides are equal

**Drishti-** a gazing point for a pose

**Flexibility-** the ability to bend your body in many different ways

**Meditation-** taking quite time to rest your mind and senses

**Namaste-** (nah-mah-STAY) a Hindu greeting meaning “may the light in me, greet the light in you”

**OM-** a vibrational sound of the world at peace. It contains the letter sounds A, U, and M

**Yogi-** a student of yoga



## My Yoga Poses:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
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- 10 \_\_\_\_\_
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- 12 \_\_\_\_\_



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Children's Room  
Main Library  
219 Loyola Ave.

