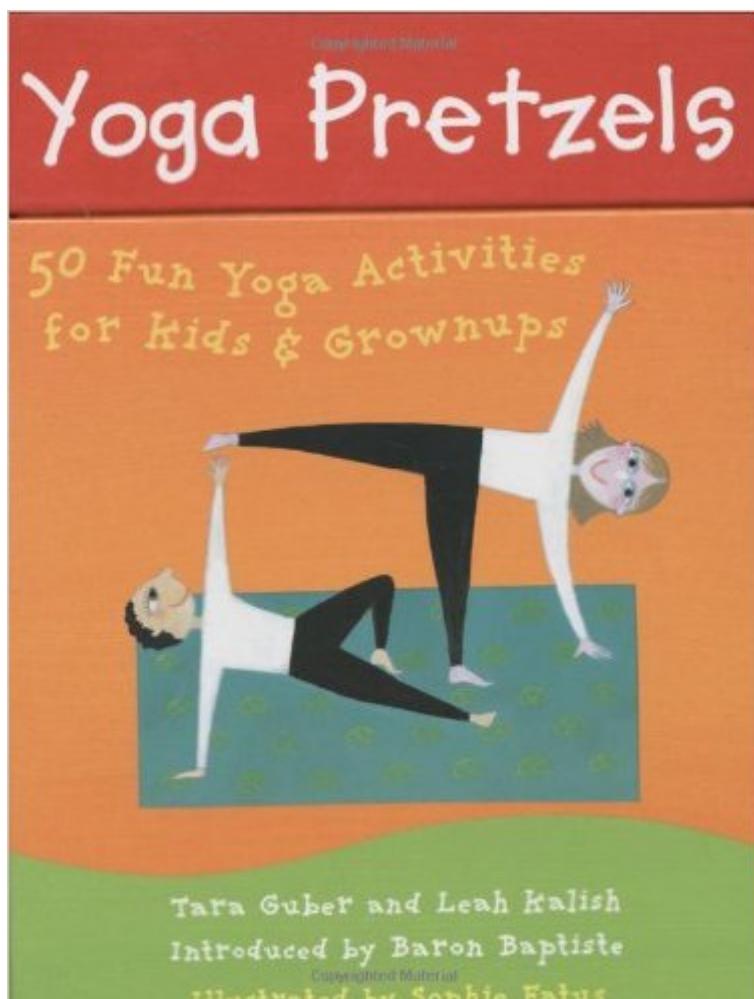


The book was found

# Yoga Pretzels (Yoga Cards)



## **Synopsis**

Practice bending, twisting, breathing, relaxing and more with Yoga Pretzels, a vibrant and colorful set of illustrated cards that provide a healthy dose of fun and education while teaching all the basics of yoga to help your head and heart. Founded by Tara Guber and directed by Leah Kalish, Yoga Ed. develops health and wellness courses and materials that educate children, teachers and parents about the benefits of yoga! Our friends Tara and Leah co-wrote our Yoga Pretzels Deck, an exciting, educational addition to our Yoga Pretzels collection! Please visit the Yoga Ed. website to find out more about how to bring Yoga Ed. to your school or community!

## **Book Information**

Cards: 1 pages

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Language: English

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Product Dimensions: 1.2 x 5.2 x 7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (257 customer reviews)

Best Sellers Rank: #3,415 in Books (See Top 100 in Books) #14 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #33 inÂ  Books > Children's Books > Activities, Crafts & Games > Games #88 inÂ  Books > Sports & Outdoors

Age Range: 4 and up

Grade Level: Preschool and up

## **Customer Reviews**

I'm a kids yoga instructor, and use cards with my classes almost weekly. I'd been using the Kids Yoga Deck for years, and then I finally bought this deck. I much prefer the Yoga Pretzel deck, because they are twice the size of the others. Also, the Pretzel deck shows cute drawings of different children doing the poses and the Kids Deck only shows unisex stick figures, which is less exciting for the kids. The larger size of the cards, makes them easier for kids to see the pose and hold. They are very colorful and lively, and will be the only cards I use for class now. Another big difference between the two decks is that the Yoga Pretzel deck contains cards with many yoga poses, and other cards with games and breathing exercises. The Kids Yoga Deck only has cards for poses, and no games. I really recommend these cards for parents to use at home with their children.

Children can use them on their own too, and just mimic the kids on the cards.

These cards are wonderful! We heard about them from a Yoga Kids instructor and our kids love them. The pictures are memorable and make the poses clear. The titles of the poses are all kid-friendly (Rock, Airplane, Bunny Breathing, Arrow, Tree etc.). Each card has "mood" words that go with the pose. The children can pick two cards before school or bed, and then we do the poses together. Or, put them in a circle and play musical poses--when the music stops, you do the pose you landed on.

Cute pictures, simple instructions, and thought provoking questions. It really does begin to introduce the culture and mindset of yoga. See example below. The cards come in a durable storage box, and are of good quality.

The cards have great illustrations. I am disappointed in the names on each card. Many poses are called different names. I had planned to use these cards in a yoga class I teach for kids. However, the poses have new names that I have had to learn and teach the kids so that I use the cards. I would much rather teach the more well known name for each pose instead of a name that was created for one product.

I like using Yoga Pretzels in my classes, they help me keep a kid-like mood. The kids love being able to pick a pose or two from the cards. They take time to study the drawings and find ways to share and cooperate. I love the "Time In" section-- the relaxation scripts work equally well for adults and children. Animal Friend is my favorite. My only criticism would be that the instructions for the poses don't say how to get out of the poses, or how to move into another pose. With a little experience and imagination this is easy to overcome, so it's not much of a drawback. The color combinations are striking, drawings whimsical and clear, poses have a good range from easy for anyone to really challenging. Reasonable price too.

I work with children who have disabilities (cerebral palsy, autism, down syndrome, etc). Every child has truly enjoyed these cards. On the back the pose is broken down into 4 organized steps. It's neat to watch the kids figure out how to pose themselves. I use them for stretching, attention and concentration, deep breathing to help calm, weight bearing/strengthening, and for social groups (there are partner poses as well). A few of the parents even purchased them for home!

I'm a Special Ed teacher and learned about these yoga cards in a training class for my students. I LOVE them!! My students learn best in a visual and kinesthetic way and these are perfect for us to work on poses, getting their concentration and so much more! During the training I was taught to use these in a story setting - hand 3-4 cards to 3-4 students. They must figure out the poses and make a simple story with them. It helps with the thought process, social skills and presentation skills! I'll be using this next school year with my students and very excited about finding so many more uses for them!

I teach yoga to both adults & kids. I really liked these cards as a resource. I used the ideas for games on the back of the cards, for some of my kids' classes, & they worked well. I have also used the cards to show what the poses look like to the kids. The large size of the cards is a plus too.

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