

## ENDORSEMENTS – *YOGA FOR CHILDREN*, by Lisa Flynn

“[*Yoga for Children*] is a very comprehensive book for teaching yoga to children . . . . As it should be for children, the heart of the instruction is aimed at making the yoga experience fun and joyful. At the same time the goals are simple and holistic: encouraging the skills of focus, mindful reflection, and mind/body awareness; inspiring confidence, self-regulation, and self-efficacy; and teaching gratitude and optimism. There is no better place to start yoga than in childhood. Universal yoga instruction to our children will ease the growing mental and physical health problems they face in today’s society. Importantly, it will also ultimately produce competent, resilient adults that are happy and healthy in mind, body, and spirit, and therefore nothing less than a better society overall. I highly recommend this book to anyone, be it a yoga instructor, parent, guardian, mentor, caretaker, or teacher, seeking to introduce the many benefits of yoga to children.”

—**Sat Bir S. Khalsa, PhD**, Assistant Professor of Medicine, Harvard Medical School; Yoga Researcher; Author of *Your Brain on Yoga*

“Lisa Flynn has mastered the art of bringing yoga to children, and her new book exudes this mastery. It is absolutely packed with clear and practical guidance for any of us who want to bring the healing grace of yoga to the kids in our lives. A whole generation of teachers and parents (and kids!) will be enormously grateful for Flynn’s contribution. Indeed, it is the book we have been waiting for!”

—**Stephen Cope**, Director of the Kripalu Institute for Extraordinary Living; Author of *Yoga and the Quest for the True Self*

“In this practical how-to guide, Lisa Flynn shares the secrets of empowering kids and families to connect with one another while learning positive, productive skills for managing the stresses of everyday life. Every parent should have a copy of this book!”

—**Amy McCready**, Founder of Positive Parenting Solutions; Author of *If I Have to Tell You One More Time . . . The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding, or Yelling*

“Truly, *Yoga for Children* is as much a parenting guide as a yoga guide. Far more than a collection of poses, the practices presented offer creative ways to connect physically, mentally, and spiritually with your child while nurturing his self-confidence, focus, and emotional well-being. Highly recommended!”

—**Kelly McGonigal, PhD**, Author of *The WillPower Instinct*, *Yoga for Pain Relief*, and *The Neuroscience of Change*

“Lisa Flynn’s *Yoga for Children* isn’t a book so much as it is a means to connect to your child. This is a grounded, science-based, dogma-free guide to making yoga fun, challenging, and accessible. It gives children the tools to leave behind bullying, insecurity, ADHD, obesity, diabetes . . . and learn to appreciate themselves and the present moment; it offers a chance to breathe, play, relax, and regain their childhood; to live for the benefit of others, enjoy healthy food, focus at school, and cherish this planet.”

—**Waylon Lewis**, Founder and Editor-in-Chief, *Elephant Journal*

“Lisa Flynn really understands children—and parents—and that’s what makes this book so great. Instead of just watering down yoga in order to make it kid-friendly, she brings yoga right to where children live, the world of play and the delight they have in exploring what their bodies can do.”

—**Lawrence Cohen, PhD**, Author of *Playful Parenting*

“If you have an interest in sharing yoga with children, this beautiful book will provide everything you need to fulfill that intention. The gentle, inviting, encouraging style is itself a demonstration of the essence of Yoga. I enthusiastically recommend *Yoga for Children!*”

—**Amy Saltzman, MD**, Director of Association for Mindfulness in Education; Author of *A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Manage Stress and Difficult Emotions* (forthcoming 2014)

“If you are a parent, educator, or health professional concerned about your child’s optimum mental health, *Yoga for Children* doesn’t just belong on your bookshelf but in your hands every day. Written with a caring parent and yoga educator’s deep understanding of a child’s stress, this compassionate book is a Godsend—a manual of easy-to-lead practices that can bring children and the adults who love them moments of ease and deep connection. Play with the practices in this book and bolster your child’s resilience and self-esteem as you enhance your relationship.”

—**Amy Weintraub**, Author of *Yoga Skills for Therapists and Yoga for Depression*

“In *Yoga for Children*, [Lisa] Flynn simply and clearly addresses the questions of why and how to share yoga with children. Better yet, she gifts the reader with hundreds of practical applications in an accessible, user-friendly presentation. This is truly a gift to the next generation.”

—**John Kepner, MA, MBA**, Executive Director, International Association of Yoga Therapists

“Lisa’s book is like attending a top rate kids’ yoga course. Including everything from mindfulness techniques to yoga games all in a very practical and approachable way, Lisa demystifies yoga for children and shows parents just how easy yoga is to do with your kids.”

—**Donna Freeman**, Founder of Yoga in My School and Kids Yoga Academy; Author of *Once Upon a Pose: A Guide to Yoga Adventure Stories for Children*

“In this gem of a book, Lisa Flynn combines her extensive expertise in kids’ yoga with her firsthand experience in parenting a child with special needs. *Yoga for Children* provides a wealth of well-balanced, research-based information in an easy-to-understand format that will be a wonderful resource for any parent, teacher, or therapist who wants to help the kids in their life experience the power of yoga to promote whole child wellness!”

—**Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2**, Founder of OMazing Kids, LLC

“Lisa Flynn has created an easy-to-understand guide for fully engaging children in an age-appropriate yoga experience. With this book, both parent and child are sure to begin their journey for a lifelong practice and love for yoga together. I recommend this book to anyone who has kids and loves yoga.”

—**Shari Vilchez-Blatt**, Founder & Director of Karma Kids Yoga

“Yoga for kids offers an antidote to the fast paced lives that the computer age brings. *Yoga for Children* gives parents guidance on how to keep their kids healthy in body, mind and spirit – a must read for modern parents!”

— **Bob Butera, PhD**, Director of YogaLife Institute; Publisher of “Yoga Living”; Author of *Pure Heart of Yoga*; and *Meditation for Your Life*

“*Yoga for Children* is a practical, inspiring, research-based, and user-friendly book written by an experienced, passionate author. It is a comprehensive, holistic, and step-by-step guide detailing why and how you can practice yoga with children anywhere and anytime. For teachers and

parents, this book will be your go-to reference guide to creating engaging yoga experiences. With this toolkit, you'll be building happy, healthy, and connected families and classrooms. I LOVE it!"

-- **Giselle Shardlow, M.Ed.**, Founder of *Kids Yoga Stories*

"*A Comprehensive Resource!* This will be my 'go-to-guide' for many years to come. Lisa was able to take an expansive subject and explain it in simple, everyday language that everyone can understand and apply. She presents the material with not just knowledge and experience, but with genuine warmth that lends to its overall value. I highly recommend this dynamic resource whether you are an experienced yoga teacher, a novice, or a parent with no prior knowledge of yoga.

-- **Barbara Gini, ERYT, CMBE**, Founder of S.M.Art Kids® Adaptive Yoga

"Lisa has done it again with this treasure of a book, allowing me to expand my knowledge of yoga and mindfulness principles and techniques with an accessible, age-appropriate approach. Parents and educators alike will absolutely delight in this practical and useful book. Certainly, *Yoga for Children* will forevermore maintain a prominent space in my personal and professional library."

-- **Louise C. Janelle, M.Ed.**, Elementary School Counselor, former President of the New Hampshire School Counselor's Association and Regional Vice President of the American School Counselor's Association

"To refer to this book as unique, outstanding, exceptional, a rarity in the field of child and family health and therapy is truly a modest compliment. *Yoga for Children* belongs lovingly dog-eared in every child's welcoming family room. It merits prominent display and the status of standard reference in child and family practices as well as an honored place in school and community libraries everywhere.

-- **Marcel A. Duclos, LCMHC, RLPC, RLISAC, ACS**, Certified Internal Family Systems Therapist, Clinical Director, Northland Family Help Center.

"Lisa Flynn's *Yoga for Children* is the most comprehensive and accessible guide to children's yoga that I have seen...will be invaluable to both parents and teachers as they journey into the world of kids yoga."

-- **Carolyn Clarke**, Author of *Imaginations: Fun Relaxation Stories and Meditations for Kids* and Children's Yoga Instructor