



# Yoga Para Ninos

*Jorge Maestre Marti*

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## **Yoga Para Ninos** Jorge Maestre Marti

This text is in Spanish. This guide for adults to teach yoga to children details the importance of atmosphere, the history of the popular workout, and various methods while providing a healthy alternative to idle activities such as watching TV or playing video games. Eight planned sessions include warm-ups, psychophysical gymnastics, stretches, and relaxation exercises accompanied by stories to entertain children and encourage them to have fun while exercising. Children will develop creativity and fine motor skills through the practice of yoga poses such as the sun salute, the cobra, the half lotus, the triangle, and the ballerina.

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About the Author

Jorge Maestre Marti is a special education teacher and a certified hatha yoga instructor."

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