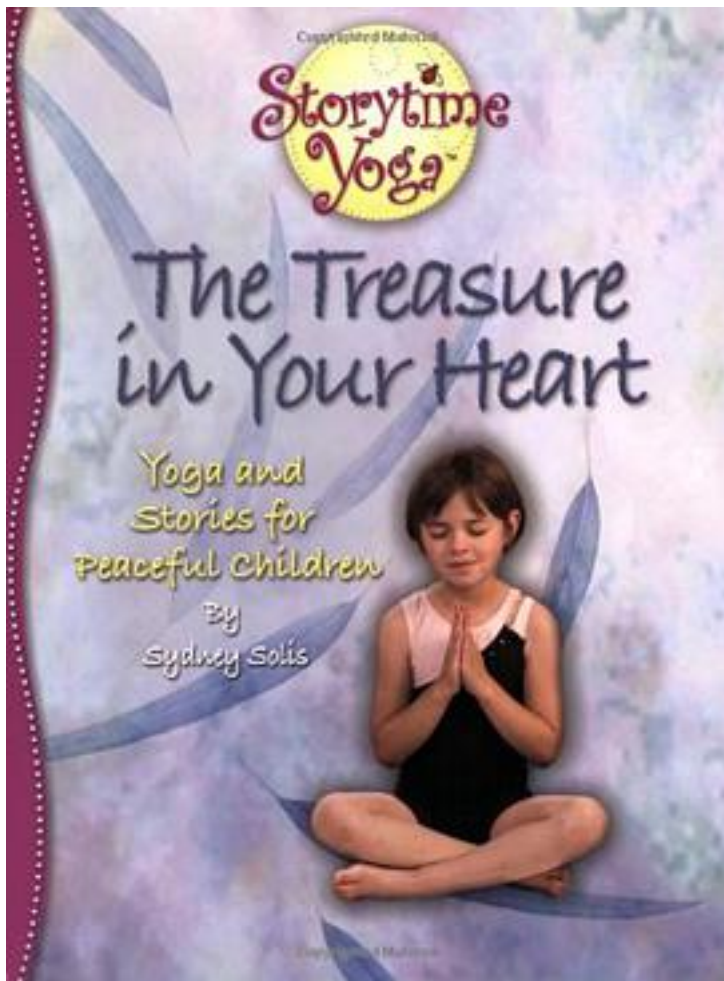


The Treasure in Your Heart



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著者:Solis, Sydney

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Once again Storytime Yoga brings the health and joy of yoga and storytelling to children and families. The follow-up to the award-nominated book Storytime Yoga:

Teaching Yoga to Children Through Story, The Treasure in Your Heart: Yoga and Stories for Peaceful Children brings the universal wisdom of yoga philosophy using interfaith stories to teach peace and character education to children and families. This book, for teachers and parents to share with the children ages 6 and up, has 26 teaching tales culled from the world's faith traditions. It features such gems as Mohammad and the Cat from Islam about kindness, Brahma's Tears from Hinduism about unity, Calming the Storm from Christianity about courage, and Conejito and the Wax Doll from Native America about anger management. Plus, there are many stories from African, Buddhist and Sufi traditions as well. This book also focuses on meditation and relaxation for children to improve health and literacy, and features follow-up activities and the classic Storytime Yoga method of yoga poses scripted with the stories!

作者介绍:

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