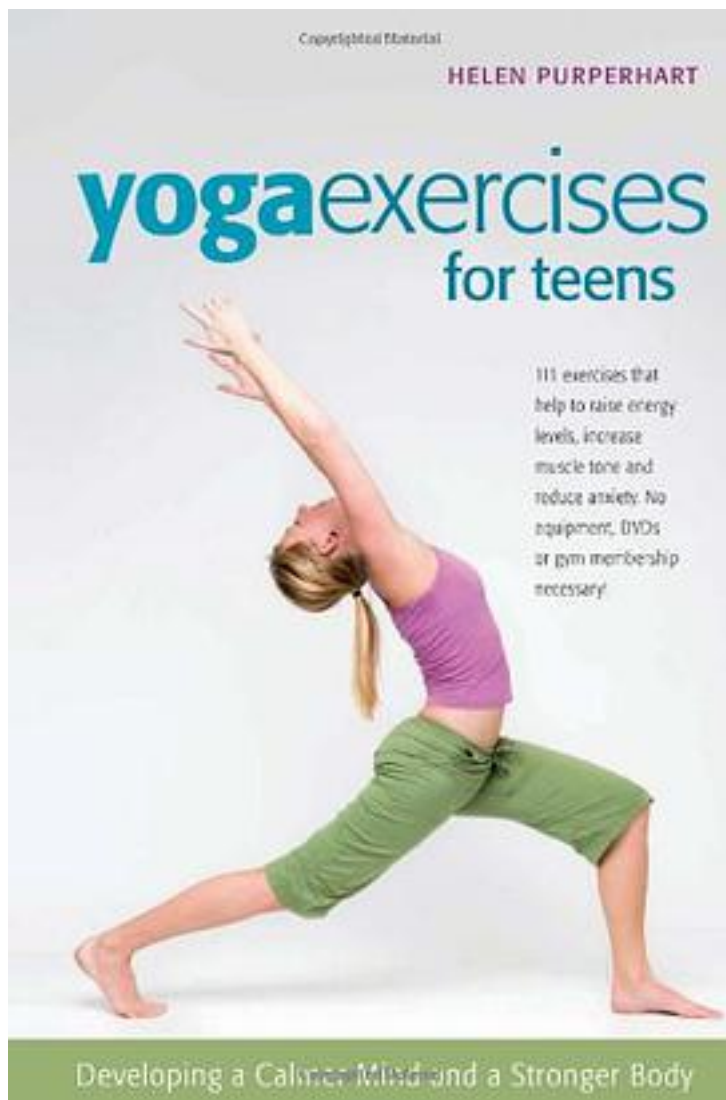


# Yoga Exercises for Teens



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Yoga provides not only an excellent, low-impact workout, it also helps young people in key areas such as body awareness, flexibility, concentration, stress reduction, and self-expression. The exercises and games in this easy-to-follow guide are specifically designed to fit the needs of teenagers and to show teens how to work out and train their bodies in a relaxed way. It requires no advance knowledge or preparation and can be used by anyone working with teens between the ages of 10 and 20. The exercises are divided into static postures, dynamic postures, and exercises in pairs. There are also visualization and meditation exercises based on the four elements of nature as well as an introduction to the basics of yoga philosophy. The book can be used with large and small groups or as part of a parent-teen activity. Practicing yoga together is a perfect opportunity for parents and teens to exercise, talk, and spend time together in a healthy, positive manner.

作者介绍:

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