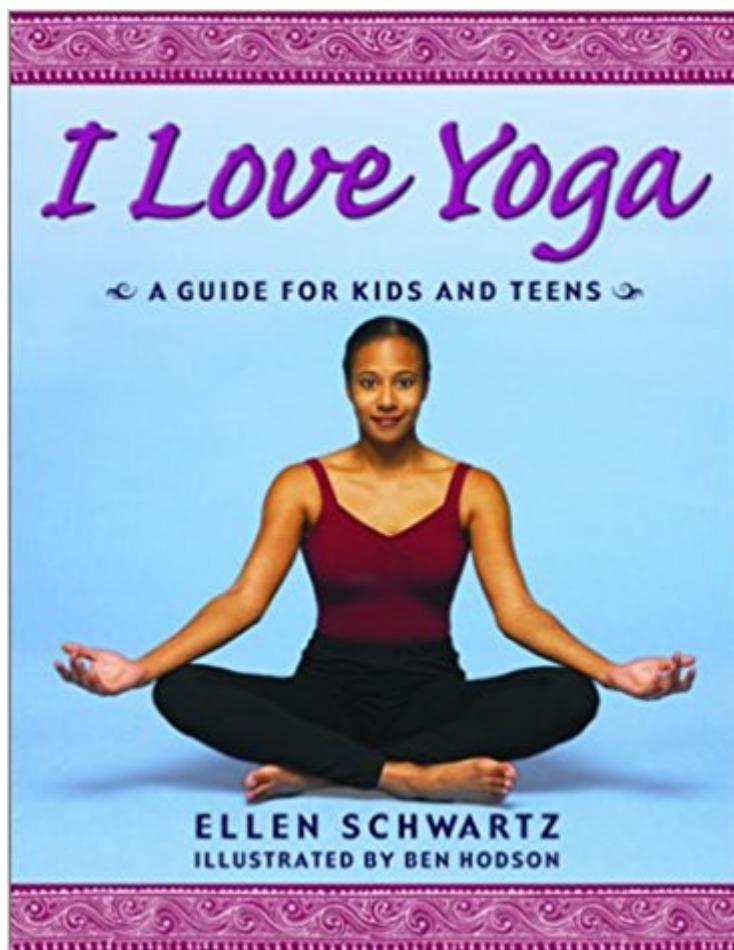


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# I Love Yoga: A Source Book For Teens



## **Synopsis**

Selected for inclusion in the Best Books for the Teen Age 2004 List by the New York Public Library. Yoga has been practiced for thousands of years, but its surge in popularity among young people is new. *I Love Yoga* is not a how-to book. It is the book for those who are already hooked, as well as for those who are just curious about this ancient activity. Ellen Schwartz, author of *I'm a Vegetarian*, presents the history of yoga, different styles, yoga benefits, concerns, cautions, misconceptions, equipment, and basic postures. There is information for those with physical disabilities and tips on yoga as part of a lifestyle – even for those who do not use the poses – especially to de-stress. Fascinating information is offered in a teen-friendly format.

## **Book Information**

Paperback: 128 pages

Publisher: Tundra Books (May 20, 2003)

Language: English

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Product Dimensions: 7 x 1.8 x 9 inches

Shipping Weight: 9.9 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,491,720 in Books (See Top 100 in Books) #55 in Books > Teens > Personal Health > Fitness & Exercise #208 in Books > Teens > Personal Health > Body, Mind & Spirit #421 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

## **Customer Reviews**

Grade 5 Up-A useful introduction. As the author points out in the first chapter, yoga can help teens deal with mood swings, do better in school, enhance sports performance, and "stay calm when your parents are bugging you!" The chapters on breathing, exercises, and relaxation techniques (meditation included) are all well done, as is the main chapter on the poses/asanas. The author gives a clear explanation of the six distinct types of yoga and the different styles, the main type of yoga practiced in the West, and the one that this book focuses on. One chapter includes quotes from teens about the benefits they have experienced from yoga. Step-by-step instructions with illustrations on how to do 18 basic poses are included. The chapter "Adapting Yoga for You" gives modifications of techniques for people of different abilities, including those who are disabled. Black-and-white drawings show the poses being described. A helpful glossary with pronunciation

guides is welcome as is an index to the asanas. This title is much more in-depth and informative than Stefanie Iris Weiss's *Everything You Need to Know about Yoga: An Introduction for Teens* (Rosen, 1999). Diane Olivo-Posner, Long Beach Public Library, CA Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“I Love Yoga appetizingly presents a veritable feast guaranteed to satisfy the hunger of curiosity | Stylistically, teen and pre-teen alike will relish the author’s relaxed, conversational tone | I Love Yoga fills that special marketing niche inhabited by tweens and teens™ | [It is] a well-conceptualized, comprehensive menu of yoga basics that makes for pleasant recreational reading. Highly Recommended.” CM Magazine | Ellen Schwartz touches on the new popularity of yoga | This is an upbeat introduction to yoga, well designed to spark the interest of kids and teens. Quill & Quire

I received my yoga certification and am interested in teaching yoga to middle school kids. This book explains yoga in an understandable way for teens. It is accurate with its history, and provides a little fun and humor. I think after reading this book, most teens would realize the wonderful benefits of yoga and sign up for a class!

I wanted to learn the Sanskrit words for yoga poses and this book was very helpful! The author provides the pronunciation for the Sanskrit words as well.

Accessibly written by yoga practitioner Ellen Schwartz, *I Love Yoga: A Guide For Kids And Teens* presents basic information about the history and present-day practice of yoga for flexibility, fitness, good health and great fun. Nicely illustrated by Ben Hodson and especially intended for young readers and offering straightforward instructions for learning basic poses, *I Love Yoga* is an excellent and recommended introduction to the practice of yoga for young readers of all ages and backgrounds.

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