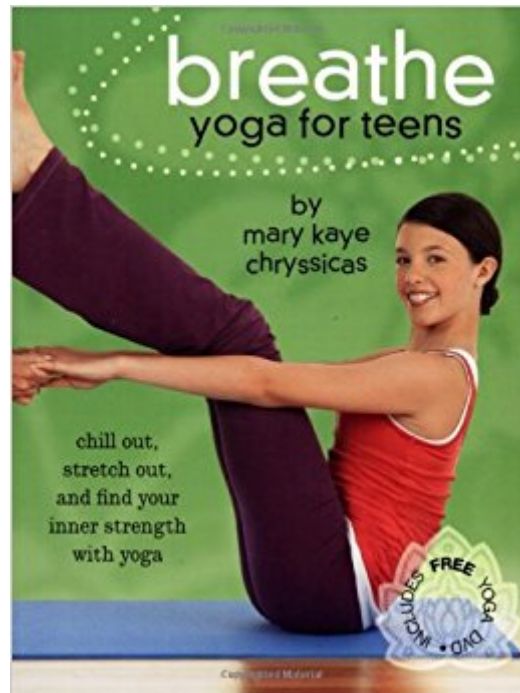




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# Breathe: Yoga For Teens



## Synopsis

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## Book Information

Paperback: 160 pages

Publisher: DK Children; Pap/DVD edition (January 29, 2007)

Language: English

ISBN-10: 0756626617

ISBN-13: 978-0756626617

Product Dimensions: 6.7 x 0.5 x 8.5 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.3 out of 5 stars 33 customer reviews

Best Sellers Rank: #571,453 in Books (See Top 100 in Books) #13 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #75 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #126 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

"Featuring teenage models and their stories, the book successfully teaches self-confidence and compassion in terms that any teen with an open mind will find enlightening." -- Yoga Journal, April 2007  
"This is a neat guidebook for teens hoping to improve their physical and mental well being through exercise. . . Very go-girl oriented!" -- Winston-Salem Journal, 2007

I ordered these books for our volunteer coaches. Great books highly recommend them to help those who want to learn and those who want to teach.

Perfect little resource for teaching yoga to teens. I also found it useful in teaching adult and mixed classes.

I used this book as a young teen & it helped with my back problems. I hadn't been able to find it again for years, so I was very happy to find a good deal here. My copy came looking brand new,

with the DVD tucked in the back. I can't wait to start using it again. :)

Great book to share with Moms & Daughters!

I bought this book for a child. Not only did she enjoy it. She got the whole family doing yoga with her. This book was purchased to encourage a healthy physical activity for life. TY.

Great introduction to yoga for any beginner.....

My friend was thinking about getting into Yoga. So, we went to the Library to see what they had. We came across this book, and thought it would be a great introduction to Yoga. Unfortunately the book was very worn and the DVD shot. So, I went on and found a copy for a great price. I placed the order, and it arrived very quickly and in perfect shape. The book and DVD did everything we were hoping for. An easy introduction to Yoga, that was mild and well illustrated. Thank You "great for young and old"

If you have teen girls or you teach yoga to teen girls this book is a MUST read!!! I cannot recommend it enough. I teach yoga to teen girls and find myself using a lot of the journaling exercises from the book

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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Breathe: Yoga for Teens Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!,

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