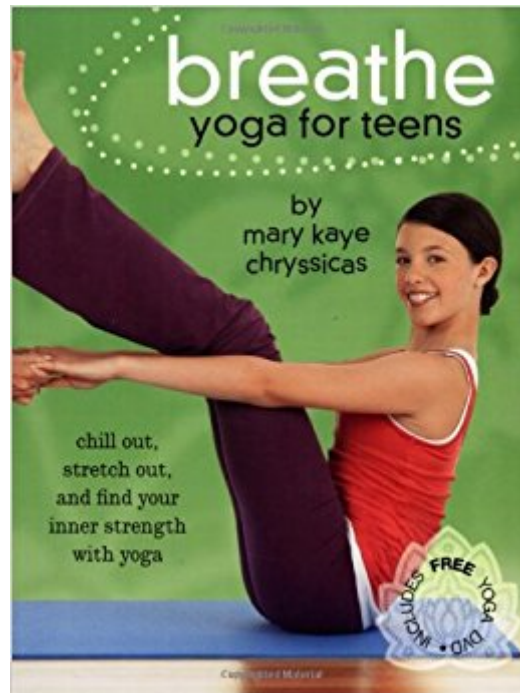




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Breathe: Yoga For Teens



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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