



Resource List

DVDs

Yoga Kids by Marsha Wenig - available at www.yogakids.com

Scooter and Me Heart Series - available at www.move-with-me.com

Books

Kaiser Greenland, S. (2010). *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate*. New York: Free Press.

Yoga for Children: 220+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children by Lisa Flynn

YOGAKIDS: Educating the Whole Child Through Yoga by Marsha Wenig

Children's Yoga: Fun with a twist by Juliet Pegrum

The Yoga Zoo Adventure: Animal Poses and Games for Little Kids by Purperhart

Storybooks

The Tiny Seed by Eric Carle

Brown Bear by Bill Martin

Dear Zoo by Rod Campbell

Additional Websites

www.yogainmyschool.com

www.youngyogamasters.com

www.yoginos.com

Susan Kaiser Greenland, Mindfulness Educator. Personal Website:

<http://www.susankaisergreenland.com/>

Annaka Harris Personal Website: <http://annakaharris.com/mindfulness-for-children/>

<http://themindfulclassroom.wordpress.com/tag/mindful-monkey-happy-panda/>