

Topic 9: Yoga for Young Children

TRAINING REFERENCES

The Mayo Clinic, <http://www.mayoclinic.org>

The Benefits of Yoga for Children, By Kristin Henningsen, MS,
<http://healthandwellness.kaplan.edu/articles/yoga/The%20Benefits%20of%20Yoga%20for%20Children.html>

Yoga for children, Wikipedia, http://en.wikipedia.org/wiki/Yoga_for_children

Bedtime Yoga for Kids for a Good Night's Sleep, by Laurie Jordan,
<http://life.gaiam.com/article/bedtime-yoga-kids-good-night-s-sleep>