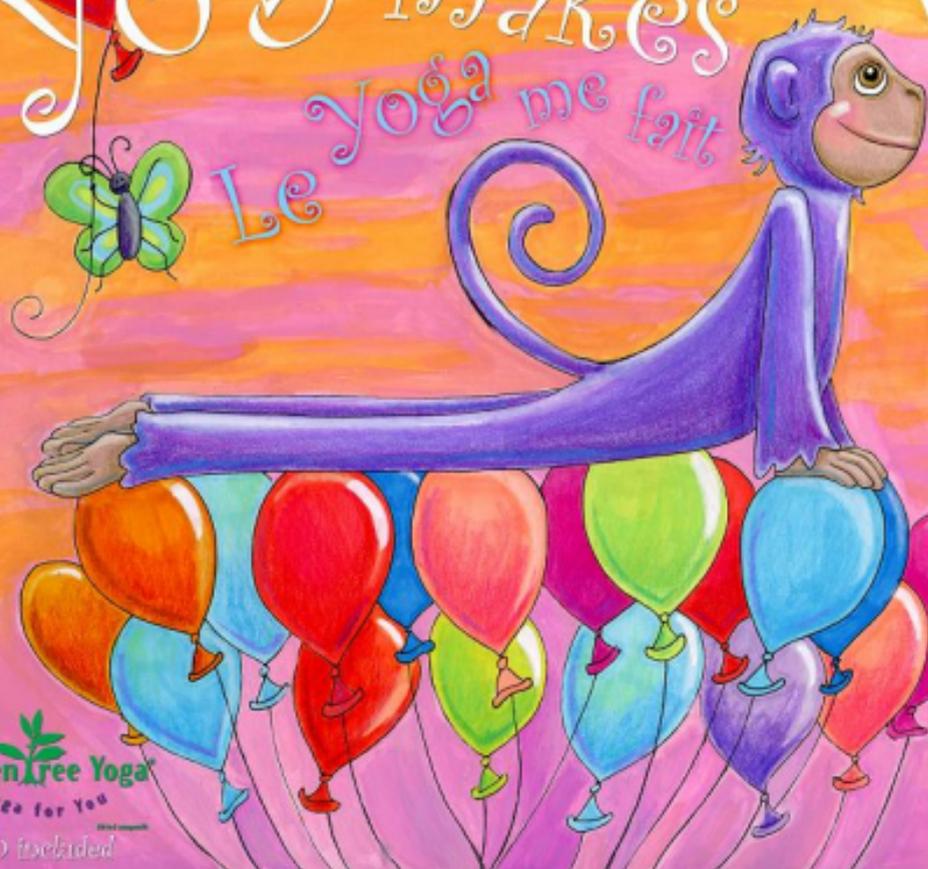


Yoga makes me Feel...

Le yoga me fait sentir...

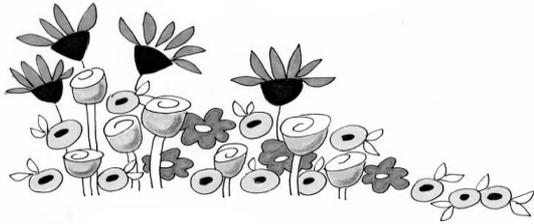


written by
Écrit par
Yael
Calhoun

illustrated by
Illustré par
Svea
Lunøe

Green Tree Yoga
Yoga for You

CD Included



What People Are Saying...



I love this book! The combination of vocal and physical activities in combination with the bright playful pictures makes yoga accessible to all of us. It highlights yoga in a playful way, giving teachers and parents all over the world, a fun easy way to engage children in a traditionally adult form of meditation and relaxation.

~ Beth Brewster, Executive Director, Giving Asha, USA and Nepal

Research is finally starting to confirm what has long been known: that doing yoga helps improve the flexibility, strength, discipline, and joy of our bodies, minds, and souls. Yael and Svea will take the children in your life on a journey that can expand their horizons. What a gift!

~ Emily Traupman, PhD, RYT, Seattle, WA

Yoga Makes Me Feel... is accessible, down to Earth and an eye-pleasing treat. Surely it will spark the imagination of any child, all the while providing the incredible physical and physiological benefits of the ancient art.

~ Katy Proietti, RYT, Denver, CO.

We are very excited to use *Yoga Makes Me Feel...* as a tool in our Therapeutic Preschool Program to teach not only the different yoga poses for calming and soothing, but for learning to identify feelings and emotions. The bright engaging pictures interest and captivate preschoolers, encouraging them to try the different poses. Our preschool groups can use the poses during times of dysregulation to increase structure, individual body awareness, and to down regulate the group into a calmer state. ~ Sandra Valentine, LCSW, The Children's Center, Salt Lake City

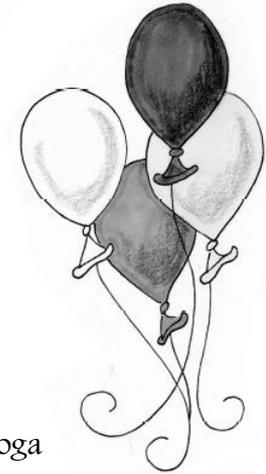
Yoga Makes Me Feel... is beautifully illustrated and written simply for children to explore the poses and learn about their bodies. It will serve as an excellent foundation for a lifelong habit of stretching and body awareness.

~ Nicole Mihalopoulos, MD, MPH, Salt Lake City

Dedication

To Aram, who lived at Cedar Brook and knows how to celebrate chapters. ~ YC

To my amazing parents, Jon & Yvonne, who have inspired me to be the person and artist I am; to Cheryl for all her creative support; and to Peter, Finn, Solvej & Elin, the loves of my life. ~ SL



Acknowledgements

This book was inspired by Svea Lunøe, a yogi and artist extraordinaire, who wanted to share her love of yoga and art with GreenTREE Yoga. It all started with one monkey named Shanti, who grew into so much more because Svea said to me, “Well, if you tell me the story I can finish the illustrations.” I had no story, I just knew her art needed to be in a book. So, because of Svea’s desire to know the story... I wrote this book to celebrate her gift to children and yoga.

So thank you, Svea, for your generosity of spirit and talents. A special thank you to Elizabeth Finlinson, LCSW, for sharing in the vision and offering her expertise on the project. And thank you to all the students and teachers in the University of Utah yoga teacher trainings (2009-10) who created such a special experience for us all. And as a note, Svea drew these illustrations while pregnant with her beautiful twin girls! ~ YC

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Disclaimer: Yoga postures in this book are offered with the understanding that one should check with appropriate health care providers if there are questions about anyone’s ability to do yoga. Therefore, the author, illustrator, and publisher assume no liability for ideas put forth in this book.

Introduction

This book is offered as a way to introduce young children to yoga. Young children immediately connect with yoga for two simple reasons: yoga is intuitive and yoga is fun. Yoga can provide children with the same benefits as adults: increased energy, body awareness and definition, balance, strength, focus and concentration, and stress management skills. But doing yoga with children has a wonderful difference. Science continues to show us that a young mind is much more open to change and to learning new things -- music and languages are good examples. So what better time in life to introduce someone to a powerful tool for healing, for stress management, and for exploring who we are?

This book was developed using yoga teaching experiences from a YWCA shelter and The Children's Center, a school for mental health care for young children, in addition to teaching in public schools too numerous to name.

Please keep in mind that an intention of yoga is to create a safe place, both in the body and in the mind. So let children find the pose that works for them today, using the book as a general guide. If children need to keep their eyes open all the time, that is fine. If they need to remain seated and alert instead of lying down, please respect that they have an awareness of what is needed and may find their way with time.

Please have as much fun with this book as we have had.

Shanti! Yael Calhoun



An audio (mp3) of the English text of *Yoga Makes Me Feel ...* and the LittleTREE Yoga CD are both available as FREE downloads at

<http://lilapress.com/blog/wp-admin/post.php?post=989&action=edit&message=6>. If you need assistance, please contact info@lilapress.com. Or email us and we'll send you this link.



Yoga makes me feel ... SILLY.

Shanti the monkey is doing Downdog.

Can you bark like a puppy?

Can you lift your right leg toward the sky and wiggle your toes?

And now put the right leg down and bark like a very big dog.

Can you lift your left leg high in the air and point your toes toward the sun?

And now put the left leg back on the ground so you can wiggle your tail back and forth.

Now that's SILLY!



Le yoga me fait sentir ... BEBETE.

Shanti, le singe, fait Le chien vers le bas .

Est-ce que tu peux aboyer comme un chien?

Est-ce que tu peux lever ta jambe de droite vers le ciel et faire bouger les orteils ?

Et puis descend ta jambe de droite avant que tu aboies comme un chien très grand.

Est-ce que tu peux lever ta jambe de gauche haut dans l'air et indiquer les orteils vers le soleil?

Et puis remets ta jambe de gauche sur la terre pour que tu puisses faire bouger ta queue de droite à gauche.

Alors ça, c'est bête!



Yoga makes me feel ... BETTER.

Shanti the monkey is doing Bee's Breath.

Can you pretend there's an angry bee buzzing around you and make an angry face?

Can you take a big breath in and buzz like that angry bee? **Bzzzzzzzzzzz.**

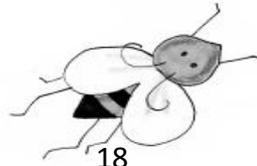
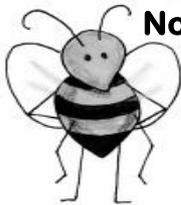
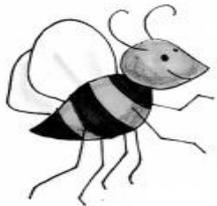
Oh look -- now there's a happy bee buzzing around you.

Can you buzz with a big smile on your face? **Bzzzzzzzzzzz.**

And you can always pretend to find an angry bee when you need to buzz away an angry or upset feeling.

And then remember to find a happy feeling by buzzing a happy bee!

Now that feels BETTER!



Le yoga me fait sentir... MIEUX.

Shanti le singe fait La respiration de l'abeille.

Peux-tu imaginer qu'une abeille en colère bourdonne autour de toi et peux-tu faire une méchante grimace?

Peux-tu prendre une grande inspiration et bourdonner comme cette abeille en colère? **Bzzzzzzzzzzzzzzzzzzzz.**

Voilà, maintenant il y a une abeille heureuse qui bourdonne autour de toi.

Peux-tu bourdonner avec un grand sourire sur ton visage? **Bzzzzzzzzzzzzzzzzzzzz.**

Et tu peux toujours imaginer à trouver une abeille en colère quand tu a besoin de chasser un sentiment de colère ou tristesse.

Et puis, souviens-toi de trouver un sentiment heureux en bourdonnant comme une abeille heureuse !

Alors ça te fait sentir MIEU !



Young children immediately connect with yoga for two simple reasons: yoga is intuitive and yoga is fun. So what better time in life to introduce someone to a powerful tool for healing, for stress management, and for exploring who we are?



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About the Illustrator
Svea Lunøe, RYT, is an illustrator and a certified yoga instructor. She is also the mother of a young son and twin baby girls.

About the Author
Yael Calhoun, MS, MA, RYT, is an author and educator with 30 years of experience. She is the Executive Director of GreenTREE Yoga, a nonprofit, and a certified yoga teacher.

www.lilapress.com

More info on kids' yoga
and free materials:

www.greentreeyoga.org

