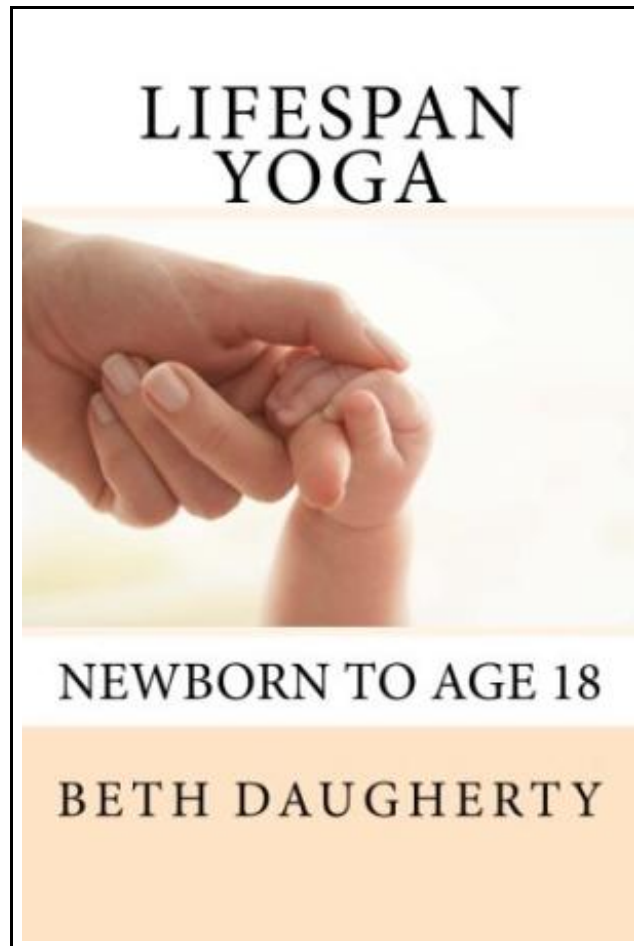


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Reviews

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LIFESPAN YOGA: DEVELOPMENTAL PSYCHOLOGY MEETS THE PRACTICE AND TEACHING OF YOGA: NEWBORN TO AGE 18 (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book in the Lifespan Yoga(r) series merges the field of developmental psychology and the practice of yoga. Geared to parents, yoga teachers and Directors of Yoga Teacher Training, this book includes a chapter for each developmental stage from newborn babies up to age 18. If you are reading the book in electronic form, the table of contents is clickable so you can jump directly to the age group you are interested in and learn all about psychological development and the yogic system for this age group. Yoga has a long history of personal transformation but for children and teens it must be accessible and easy to learn. Human development is not limited to physical growth, but includes mental and psychological growth. The ancient yogis addressed the full mind-body connection when they developed the yoga system. Yoga can be approached in a way that makes it accessible to the stage of life the person is in and this book attempts to do just that. Chapters include: Introduction Chapter 1: Lifespan Psychology meets the 8 Limbs of Yoga Chapter 2: Newborn to Age One Chapter 3: Ages One and Two, the Toddler Years Chapter 4: Ages Three to Five, the Preschool Years Chapter 5: Ages Six to Eleven, the Elementary Years Chapter 6: Ages Twelve to Fourteen, Early Adolescence and Puberty Chapter 7: Ages Fifteen to Eighteen, Later Adolescence Conclusion.



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