



# Yoga for Kids to Teens: Themes, Relaxation Techniques, Games, and an Introduction to SOLA Stikk Yoga

*Yael Calhoun, Matthew R. Calhoun, Nicole M. Hamory*

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Are you looking for a way to have fun with young people while giving them a life-long tool for self-expression, physical and mental health, relaxation techniques, and improved focus? *Yoga for Kids to Teens* is another fun and easy-to-use handbook for you, as a parent, teacher, or young person, to enjoy. The authors of *Create a Yoga Practice for Kids* (Sunstone Press, 2006) introduce Nicole Hamory's SOLA Stikk Yoga, a lively approach to yoga for all ages. Find creative games, interactive themes, mind-melting relaxation, five-minute classroom yoga breaks and more.

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