
STRETCH YOUR STORYTIME!

Supporting Early Learning with Yoga and Movement

Recommended Children's Yoga Resources

Cosmic Kids Yoga, "Learn All the Kids Yoga Postures,"

www.youtube.com/playlist?list=PL8snGkhBF7ngOr5E1RIsZl_vOrNg4Tq0i

Flynn, Lisa. *Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children*. Avon, MA: Adams Media, 2013.

Kids Yoga Stories. "58 Fun and Easy Fun Yoga Poses for Kids," www.kidsyogastories.com/kids-yoga-poses/

Power, Teresa Anne. *The ABCs of Yoga for Kids*. Illustrated by Kathleen Rietz. Pacific Palisades, CA: Stafford House, 2009.

Scherrer, Katie. *Stories, Songs, and Stretches! Creating Playful Storytimes with Yoga and Movement*. Chicago: IL: ALA Editions, 2017.

Recommended Books for Yoga Storytime

Butterfly, Butterfly by Petr Horačěk

From Head to Toe by Eric Carle

I Am Yoga by Susan Verde, illustrated by Peter H. Reynolds

It's Tough to Lose Your Balloon by Jarrett J. Krosoczka

My Friends by Taro Gomi

Over in the Meadow by Jane Cabrera

Skin Again by bell hooks

Swimmy by Leo Lionni

The Little Little Girl with the Big Big Voice by Kristen Balouch

You Are a Lion! And Other Fun Yoga Poses by Taeun Yoo

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Recommended Songs for Yoga Storytime

“Apple Tree” from *The Apple Tree & the Honey Bee* (2014) by Bari Koral Family Rock Band.

“Be Still” from *Breathe In: Children’s Songs for Mindfulness and Awareness* (2015) by Lianne Bassin

“Butterfly” from *Anna and the Cupcakes* (2012) by Bari Koral Family Rock Band.

“Dance for the Sun” from *Dance for the Sun: Yoga Songs for Kids* (2006) by Kira Willey.

“That’s What They Do” from *Come Play Yoga!* (2008) by Karma Kids Yoga.

Recommended Resources for Personal Practice

Do Yoga With Me. Offers free audio and video classes. Available at www.doyogawithme.com

Insight Timer. A free app that offers many guided mindful movement and yoga practices. Available at <https://insighttimer.com>, in the App store, and on Google play.

Iyengar, B.K.S. *Light on Yoga*. New York: Knopf Doubleday Publishing Group, 1995.

Lee, Cyndi. *Om Yoga: A Guide to Daily Practice*. San Francisco, CA: Chronicle Books, 2002.

Yoga Alliance: “Finding the Right Yoga Teacher,” available at www.yogaalliance.org/LearnAboutYoga/AboutYoga/Findingtherightyogateacher