

NEW from Louise Goldberg



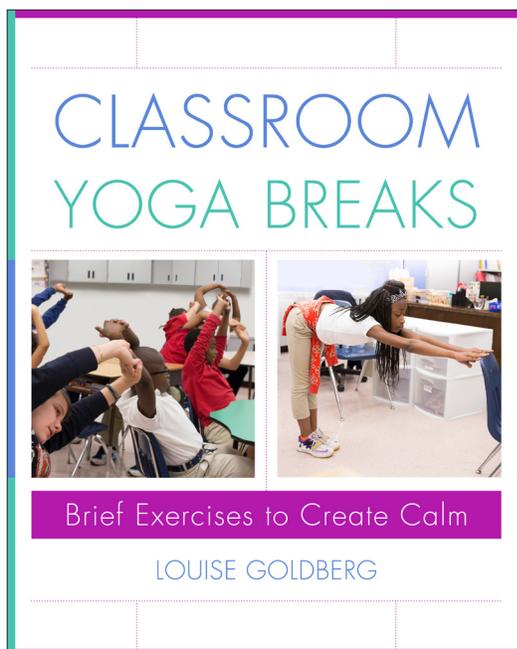
Classroom Yoga Breaks: Brief Exercises to Create Calm

In this essential new book from the author of *Yoga Therapy for Children with Autism and Special Needs*, readers will find a comprehensive guide to incorporating short yoga breaks into their classrooms. Readers will learn how to promote movement, learning readiness, attention skills, cooperative community, and self-regulation—all in just a few minutes a day. Goldberg's evidence-based principles of "Creative Relaxation"—creating a peaceful environment where kids feel safe, engaged, successful, and independent, promoting empathy and mutual respect—lead the way toward successful use of yoga.

The book includes a step-by-step curriculum for integrating yoga breaks into the classroom and over 200 illustrated exercises. Twelve units are arranged by theme, with lessons consisting of one- to five-minute exercises, that can be done from the seat or standing. Each unit includes topics for discussion or writing, movement, breathing exercises, focusing activities, relaxation techniques, mindful practices, and self-calming skills.

Yoga is a complement to social and emotional learning, mindfulness training, and physical education. It can help address bullying behaviors, students with autism and special needs, and promote overall resilience and executive function. With this book in hand, readers can integrate these fun, relaxing, and healthy breaks into the daily lives of their students and themselves.

"Louise Goldberg has successfully written the most comprehensive book on yoga for children and in schools available. Grounded in science, full of helpful anecdotes, and rich with engaging, user-friendly activities, *Classroom Yoga Breaks* brilliantly makes the case for yoga integration at school, and then guides the reader through best practices for implementation. **A "must-read" for anyone who wishes to support children and youth with tools for physical, social, emotional, and cognitive well-being in and out of school!**" —Lisa Flynn, founder of ChildLight Yoga® and Yoga 4 Classrooms®, author of *Yoga 4 Classrooms Activity Deck* and *Yoga for Children*



Hardcover, 352 pages, ~~\$24.95~~ \$18.71 • <http://goo.gl/kHGvx4>

ABOUT THE AUTHOR

Louise Goldberg has been a yoga teacher and educator for over 35 years. She is the director of the Yoga Center of Deerfield Beach, Florida, and is a licensed massage therapist. She leads trainings in Creative Relaxation yoga for children to educators, therapists, and parents nationally.

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