

Yoga for the whole family



Sonja Zernick-Förster
Let's Do Some Yoga!
[Komm, wir machen Yoga!]
The best partner exercises for
parents and children

Südwest
144 pages
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With CD
350 colour illustrations and photograph

Sonja Zernick-Förster is an educator and yoga teacher. In her yoga studio she regularly offers workshops for parents and children. In addition, she organises yoga holidays for families several times a year. With her mobile yoga school, she visits kindergartens, schools, and other institutions.

Because of the many responsibilities every day, there is often no time for shared moments of peace or physical closeness between parents and children. Parent-child yoga will help them get closer again in a playful way. The partner exercises are set in a vividly illustrated magical-forest story. Each section ends with a relaxation exercise.

- Furthers the physical and mental development of the child and the parent-child relationship
- With many exercises and postures for every day: for going-to-sleep problems, homework stress, pain, and much more
- Ideal for parents with children age 5 to 11