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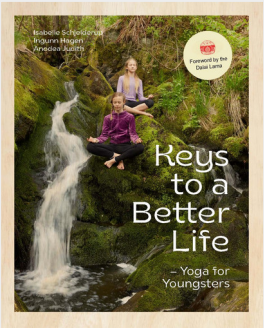

Keys to a better Life. Yoga for Youngsters

Original title: Nøkler til et bedre liv. Yogabok for unge
Publisher: Publizm 2024
Non-Fiction / Health, Body and Mind
English sample chapters available, Norwegian PDF

“When we wish to offer yoga in schools, it is also important to reflect on the following question:

“What is important for children and youth to learn in today`s society?”

How can yoga provide children and youth with keys to a better life, support their development throughout their upbringing, and promote both their physical and mental health?

In this book, we attempt to answer these questions based on research on yoga, including yoga specifically for children and youth.

In seven chapters of exercises, we present concrete yoga practices that can serve as keys or tools to a better life and you will learn how yoga philosophy can offer valuable insights, including reflection questions for youth that help them get to know themselves
better.

Isabelle Schjelderup, Ingunn Hagan and Anodea Judith

Isabelle Schjelderup is a social worker and she is also trained in Acute and Mental Health Crisis Resolution and she is a certified yoga teacher specializing in Children's Yoga. She leads a weekly Therapeutic Yoga Group for people with anxiety, depression, PTSD or burnout.

Professor Ingunn Hagen is a trained clinical psychologist, holds an American Master's degree in Communication and a Ph.D in Media Studies. She is a certified yoga teacher and trained in coaching (CTI). Hagen has been appointed professor at the Department of Psychology, NTNU in Trondheim.

Anodea Judith, Ph.D. is the director of Sacred Centers (SacredCenters.com), and holds a doctoral degree in Human Health, a Master's in Clinical Psychology, and advanced E-RYT yoga teacher certification. With over a million books in print, translated into 25 languages, Anodea Judith's many books have won several awards, bringing tools for transformation to a worldwide audience.