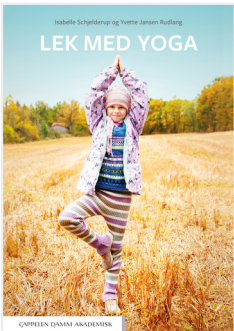


Stilton Literary Agency



Yoga through Play

Original title: Lek med yoga
Publisher: Cappelen Damm 2019
Non-Fiction / Health, Body and Mind

This book is an introduction to yoga through play.

Simple and poetic instructions and illustrations of children doing the poses describe how it is done.

The poses follow the seasons and can be practiced both indoors and outdoors. The different chapters consist of physical poses followed by breathing exercises, meditative poses and yoga through play. The book also answers these questions:

- What is yoga?
- Why do children need yoga?
- What are the effects of the poses?
- How can you facilitate yoga in your home, in preschool and in school?

The book provides children with tools that can help them develop a more balanced body, soul, and mind. Yoga for children is important from a public health and life course perspective and can be a helpful tool for children to experience a healthy lifestyle and life mastery.

Isabelle Schjelderup and Yvette Jansen Rudlang

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.

Yvette Jansen Rudlang is a photographer and photojournalist. She studied at Goldsmiths College, University of London.