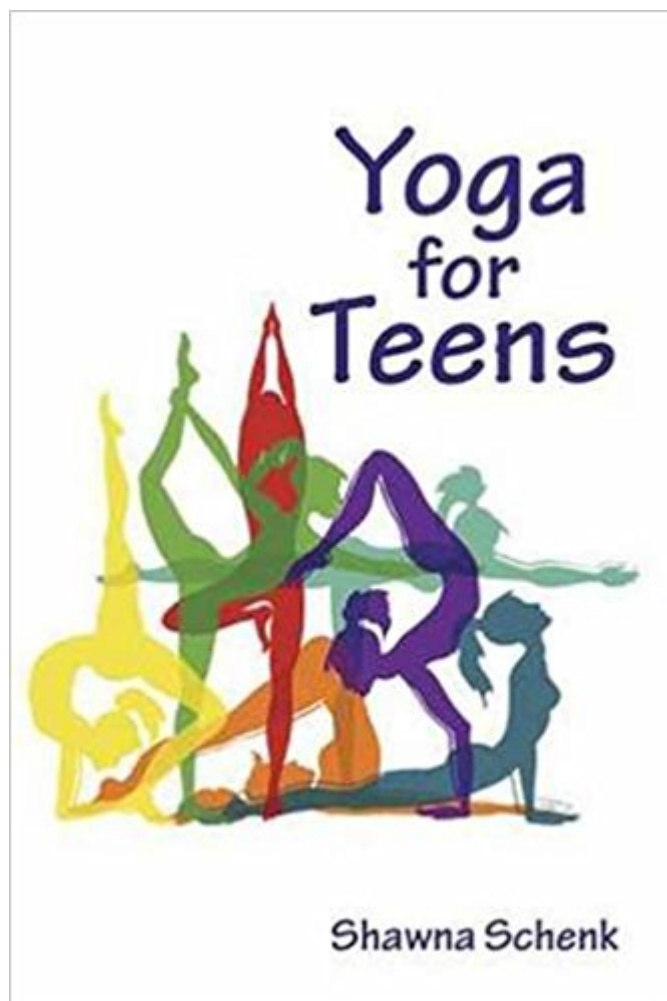


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Yoga For Teens



Book Information

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Average Customer Review: 5.0 out of 5 stars 4 customer reviews

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Customer Reviews

Shawna is a San Diego yoga teacher, Reiki master, author, and spiritual activist leading classes, workshops, teacher trainings, retreats, and festivals throughout North America. She has created teacher trainings and authored a number of books. She is the founder of Yin-Reiki, Chakra Camp, and Project Breath---all yogic practices and communities centered on finding bliss through peace, and has created the first ever Yoga Teacher Training for Teens to teach teens to be yoga teachers for other teens! She has a Master in Writing Arts and BA's in Sociology and Early Childhood Education.

Excellent item. Very happy with purchase. Highly recommended.

Yoga for teens is so invaluable to the development of the mind and body of a young individual. This book is something I want all of our newer generations to read and apply to their life. It is a great tool for anyone wanting to build self confidence and being a role model for other teens. Awesome book!!

I wish I had this book when I was a teenager! It helps teens (it could help all of us) be honest about our emotions and explore our energy, feelings, and personalities in honest, heart-felt exercises. A must-read!

This is a great book for teens as well as adults just leading yoga and something great for parents to

do with their kids!

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