

Unlock the Power of Social-Emotional Learning with "Social Emotional Pose by Pose Yoga for Children, Teens, and Adults"

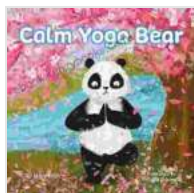


By [Author's Name]

In today's rapidly changing world, the importance of social-emotional learning (SEL) cannot be overstated. SEL helps children, teens, and adults develop the skills they need to navigate the challenges of life, regulate their emotions, build healthy relationships, and thrive in school and beyond.

"Social Emotional Pose by Pose Yoga for Children, Teens, and Adults" is a groundbreaking book that combines the ancient wisdom of yoga with the

latest research in SEL to create a powerful and effective tool for fostering social-emotional well-being in people of all ages.



Calm Yoga Bear: A Social Emotional, Pose by Pose Yoga Book for Children, Teens, and Adults to Help Relieve Anxiety and Stress (Perfect for ADD, ADHD, and SPD) by Mary Nhin

★★★★☆ 4.8 out of 5

Language : English

File size : 25938 KB

Screen Reader: Supported

Print length : 37 pages

Lending : Enabled



This engaging and beautifully illustrated book features 30+ yoga poses carefully designed to address specific SEL competencies, such as:

- Mindfulness and self-awareness
- Emotional regulation and self-control
- Empathy and compassion
- Communication and cooperation
- Decision-making and problem-solving

Each pose is accompanied by clear instructions, beautiful photographs, and a description of the SEL skills it fosters. The book also includes a variety of lesson plans and activities that educators, parents, and professionals can use to integrate yoga into SEL programs.

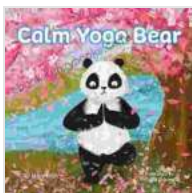
Whether you are a child, a teen, an adult, or a professional working with children, "Social Emotional Pose by Pose Yoga for Children, Teens, and Adults" is the perfect resource for you. This book will help you:

- Improve your social-emotional skills
- Reduce stress and anxiety
- Increase self-confidence and self-esteem
- Build stronger relationships
- Create a more positive and fulfilling life

Free Download your copy of "Social Emotional Pose by Pose Yoga for Children, Teens, and Adults" today and start unlocking the power of yoga for social-emotional well-being.

Free Download Your Copy Today!

Buy Now



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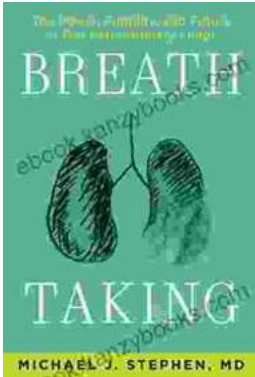
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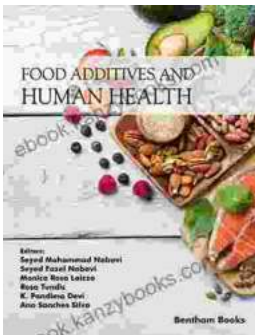
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