

Resource Guide for Yoga and Mindfulness

Children's Storybooks

Content is appropriate for all ages, though please read any book before you give it to your child.

Mindfulness

The Gift of Nothing – Patrick McDonnell

Take the Time: Mindfulness for Kids – Maud Roegiers

Peaceful Piggy Meditation – Kerry Lee MacLean

Moody Cow Meditates – Kerry Lee MacLean

Silence – Lemniscates

Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten, and Inspire – Dharmachari Nagaraja

Each Breath A Smile – Sister Susan

The Sun in my Belly – Sister Susan

Anh's Anger – Gail Silver

Steps and Stones – Gail Silver

All the Way to Lhasa – Barbara Helen Berger

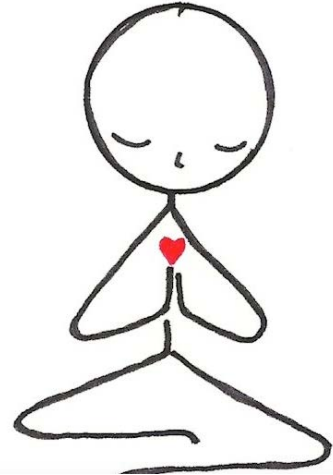
Peace – Wendy Anderson Halperin

Can You Say Peace? – Karen Katz

What Does Peace Feel Like? – Vladimir Radunsky

Zen Shorts – Jon J Muth

Zen Ties – Jon J Muth



Zen Socks – Jon J Muth

The Coconut Monk – Thich Nat Hanh

The Hermit and the Well – Thich Nat Hanh

Hi, Koo! A Year of Seasons – Jon J Muth

The Wisdom of the Crows – Sherab Chodzin & Alexabdra Kohn

A Pebble for Your Pocket – Thich Nat Hanh

Under the Rose Apple Tree – Thich Nat Hanh

What Does It Mean To Be Present? – Rana DiOrio

Yoga

I am Yoga – Susan Verde

The ABCs of Yoga for Kids – Teresa Anne Power

I Can Be – Christine Summer

The Elephant Prince: The Story of Ganesh – Amy Novesky

The Happiest Tree – A Yoga Story – Uma Krishnaswami

The Elephant’s Friend – Marcia Williams

Handbook/Guidebooks

Mindfulness

A Handful of Quiet: Peace in Four Pebbles – Thich Nat Hanh

Mindful Movements – Thich Nat Hanh

Is Nothing Something?: Kids Questions and Zen Answers about Life, Death, Family, Friendship, and Everything in Between – Thich Nhat Hanh

Planting Seeds: Practicing Mindfulness with Children – Thich Nat Hanh

Sitting Still Like a Frog – Eline Snel

Yoga

ABCs of Kids Yoga – Teresa Anne Power

Yoga Pretzels (Yoga Flashcards and Games) – Leah Kalish & Tara Gruber

Samarya Yoga Deck – The Samarya Center

Research

(Almost) Exhaustive List of Studies of Yoga

<http://www.blissfulaurasyoga.com/scientific-research>

Mindfulness

<http://www.mindfulexperience.org/newsletter.php>

Websites

Tools for Peace:

<http://toolsforpeace.org/>

Mindful Schools Research & Film

<http://www.mindfulschools.org/about-mindfulness/research/>

<http://www.roomtobreathefilm.com/>

Mindful (the magazine)

<http://www.mindful.org/>

Yoga for Adults/Families:

www.yogaglo.com

Mobile Apps

Tools for Peace App

<http://stopbreathethink.org/>

Headspace

<http://www.getsomeheadspace.com/shop/headspace-meditation-app.aspx>