



for all the beautiful children

LETTER SOUND

Y O G A



DANETTE STEPHAN



Letter Sound Yoga

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The purpose of this yoga practice is to help children master letters and their sounds while participating in a fun, creative, non-competitive physical fitness activity.

Our journey begins with two sun salutation A's followed by child's pose. Sun salutations are often done at the beginning of a yoga practice in order to warm up the muscles and increase the heart rate. During this practice children will flow through the esteem enhancing, brave warriors 1, 2 and 3, a few focusing and stilling poses, followed by some energy boosting heart openers. Finally there is a cool down sequence, which prepares the children for joyful focused learning. The entire sequence only takes about 30 minutes so it is perfect to do at the beginning of a class or at home.

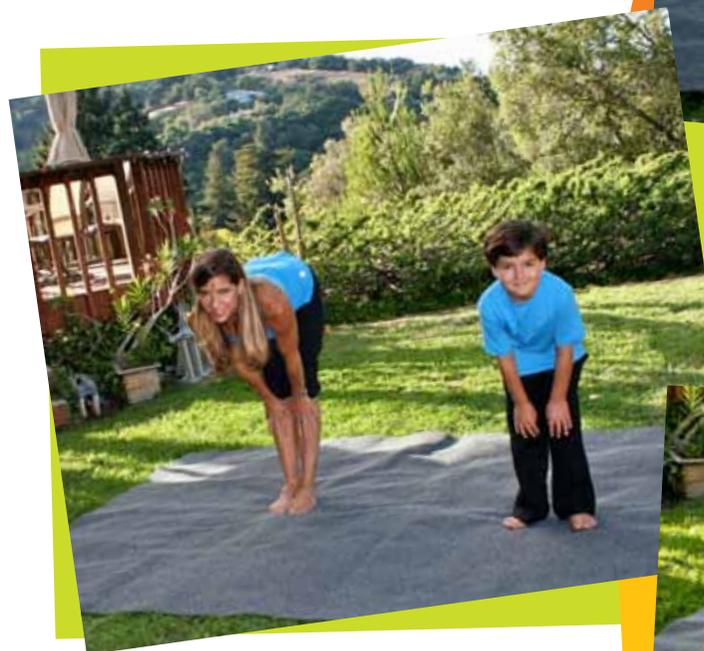
In order for the children to succeed in mastering the letter sounds, they must repeat the name of the pose while doing it. All poses must be repeated on first the right side then the left.

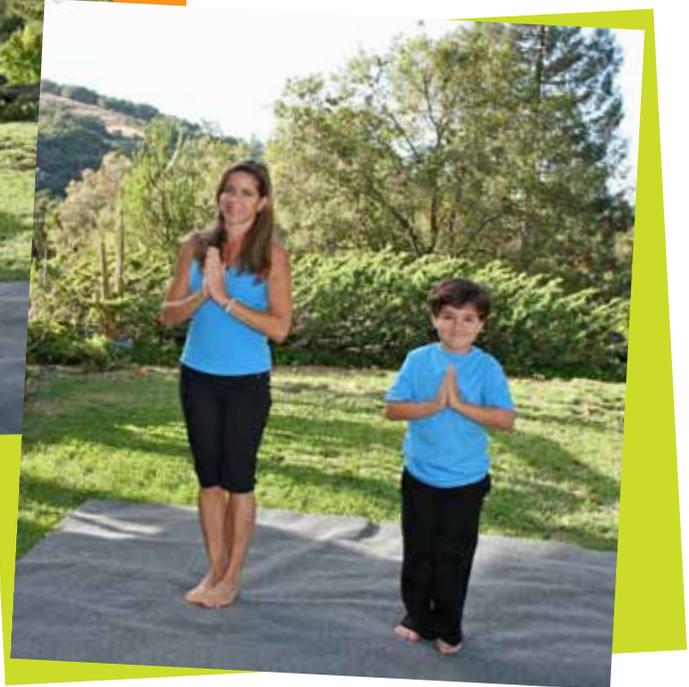
The names of the poses are organized in such a way that the common letter sound comes first followed by the alternate sound followed by the beginning digraph. The vowels are organized with the short vowel sound first followed by the long.

Important tips for a successful yoga practice include being quiet, breathing through the nose and bringing your awareness to your own mind and body. There is no need to compare your poses to anyone else. As we are all different, so should the poses be. It is also important not to eat just before the yoga practice.

**Now let's get ready to have some fun,
learn and move!**

SUN SALUTATION A







A

Arrow with Angles





B

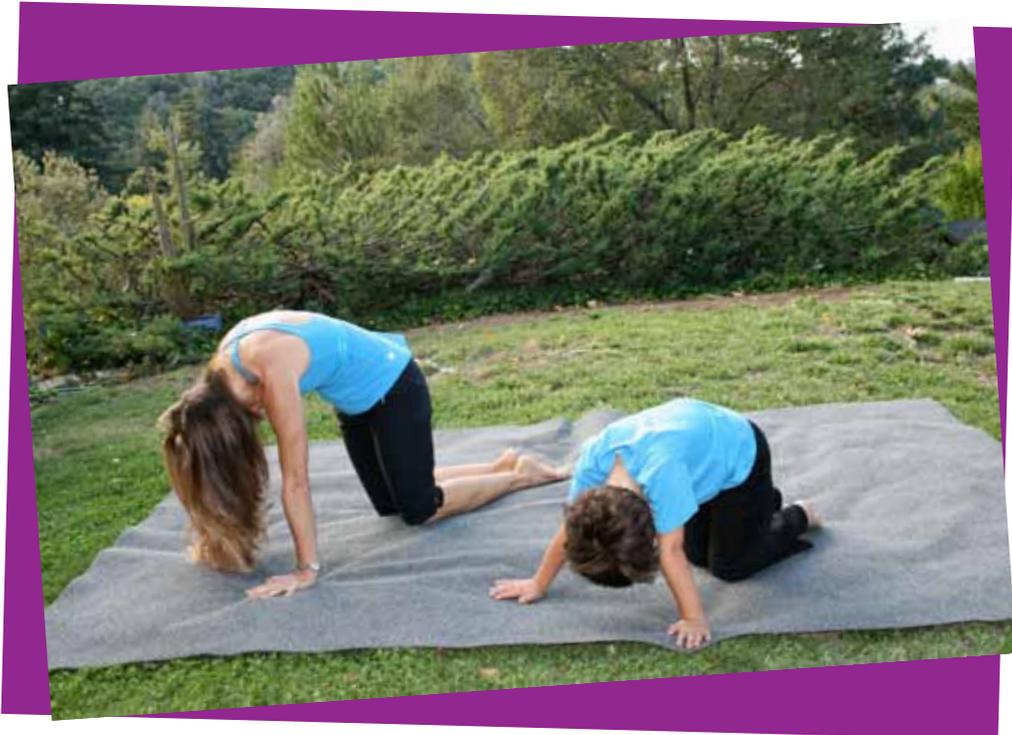
Bending Bow





C

Cat



Cow



Circle

Child





D

Downward Dog





In *Letter Sound Yoga: For All the Beautiful Children*, Danette Stephan offers easy-to-learn yoga movements for each letter in the alphabet. Take a deep breath and start moving with the ABCs of yoga!

“Having had the pleasure to see the positive impact Danette has had on thousands of children in our children’s-only fitness and lifestyle center, I can tell you first hand Danette is gifted in the art of teaching her love of yoga to children of all ages, dedicated to reaching as many children as possible, and genuinely caring for all those she can touch with yoga and in life.”

—David L. James,

MSc. Founder & President, FUZE Fit For A Kid!

Supplemental teaching aids such as instructional DVD and letter/pose cards available at:
www.danetteyoga.com

