



Yoga For Teens Card Deck

Mary Kaye Chryssicas

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Based on the cool, inspiring book and DVD *Breathe: Yoga for Teens*, *Yoga for Teens Card Deck* brings yoga to a whole new level. Each pose in the deck features a full-color photograph with step-by-step instructions, a form checklist, and insightful notes on the breath, focal points, and more. Each pose card is designed to be clear and self-contained, so yogis can line them on their bedroom floor to create a sequence, prop one up on the included stand, or tuck a few favorites into a backpack to practice on the go. The back of each card includes information to help make even more of each pose, from recommended counterposes to meditation prompts to tips for transitioning smoothly to other poses. Mary Kaye Chryssicas's entertaining and inspiring text will inspire yogis to try new poses in their practice, and to keep a sense of peace and focus even during the most difficult and distracting teen challenges.

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Jared Smith:

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