

Resources

The Science of Mindfulness: A Research-based Path to Well-Being

By Professor Ronald D Siegel

Harvard Medical School/Cambridge Health Alliance

Global Family Yoga - Planting Seeds Teaching Yoga to Children ages Birth to 8 years

By Mira Binzen

globalfamilyyoga.com

Classroom Yoga Breaks Brief Exercises to Create Calm

By Louise Goldberg

Yoga for Children A Complete Illustrated Guide to Yoga Including a Manual for Parents and Teachers

By Swati Chanchani & Rajiv Chanchani

Spinning Inward Using Guided Imagery with Children for Learning, Creativity & Relaxation

By Maureen Murdock

Do You Know the Scientific Benefits of Meditation?

blog.mindvalley.com

chopra.com

A Still and Quiet Place By Amy Saltzman

Planting Seeds By Thich Nhat Hanh

Sarah Rudell Beach at leftbrainbuddha.com