



## DVD REVIEWS

### ★★★★★YOGA DVD GETS CHILDREN MOVING!!!

**By: Masako Lucas – May 9, 2011**

**Durability: 5 out of 5 stars = Fun: 5 out of 5 stars = Educational: 5 out of 5 stars**

**This review is from:** Masako Lucas – Early Childhood Educator/Parent  
Yoga 4 Kids DVD shows beneficial yoga poses and a breathing technique for children in such a fun and nurturing manner. It also introduces evidence based facts of impressive benefits of practicing yoga, like relieving test anxiety and improving test scores tremendously. I like that the kids' friendly yoga language, like SURFER POSE, and easy-to-follow instructions are used to intrigue their curiosity and encourage them to want to try the poses. It is great to see the children on the DVD are at different levels so young viewers would not feel like they have to perform the poses perfectly to enjoy yoga. The DVD demonstrates that everyone can do yoga, and that teaching yoga to children will provide them with life-long skills and tools to help them deal with stress effectively and also help children lead a happier and healthier life.

### ★★★★★ YOGA 4 KIDS DVD, A PRICELESS TREASURE!!!

**By: Chara Chance – June 4, 2011**

**Durability: 5 out of 5 stars = Fun: 5 out of 5 stars = Educational: 5 out of 5 stars**

**This review is from:** Chara Chance – Parent/Office Manager  
Set against a serene backdrop of flowers and butterflies the DVD, Yoga 4 Kids with Marita Gardner-Anopol, presents the viewer with exciting and fun ways to exercise the body and mind. Directed towards elementary & middle school children, this film focuses on thorough, kid friendly instruction and participation of basic yoga exercises, plus a breathing technique to encourage a sense of accomplishment, self-confidence and calmness. After viewing this DVD, I realize just how accessible, valuable and enjoyable yoga is for children! The kids in the film appear to be genuinely happy as the instructor guides them through the yoga practice. It is very clear to see the benefits of incorporating this type of routine into any young person's schedule. A priceless treasure I would encourage any parent or educator to consider the Yoga 4 Kids DVD with Marita Gardner-Anopol for their children and for the classroom.

**★★★★★YOGA 4 KIDS DVD IS ENTERTAINING & MOTIVATING!!!**

**By: Erum Jehanzeb – December 26, 2011**

**Durability: 5 out of 5 stars = Fun: 5 out of 5 stars = Educational:5 out of 5 stars**

**This review is from:** Erum Jehanzeb – Parent

Yoga 4 Kids DVD with Marita Gardner-Anopol, is a fun and gentle way to introduce children to a life-long affection for exercise. Both my daughters, ages 10 and 7 loved the concept of the yoga poses associated with nature and animals. The DVD is set in such a beautiful and colorful environment, it is entertaining and motivating to do the yoga practice with Marita & the kids. The highlight of this DVD is the introduction to meditation for children, practiced in a safe way to calm their bodies and minds.