

The YogaKids Book to be Published EN FRANÇAIS!

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Bonjour!

Great news! In the fall of 2007, YogaKids: Educating the Whole Child Through Yoga will be published in French. Translation of the book will begin shortly and I will oversee the translation and content. This will allow French educators, parents, health professionals and children to enjoy, savour and play yoga using this wonderful resource. It will also allow adults and children in French European markets who share the same language and those who are yearning to learn French through French Immersion programs to eagerly engage in the experience.

It all started with combined passions of movement and creating with children.

The beauty of these passions translated into a series of micromovements toward the achievement of a goal: bringing this feeling of health and well-being to children and providing the opportunity for kids to be kids in the context of playful yoga poses and relaxation.

Then, in March 2007, the ATI represented a celebration for completion as well as a celebration for new beginnings. After talking to fellow YKTs, contacting some health organizations in Quebec and Ontario (Canada) and deciding to offer a bilingual Taste of YogaKids (French and English), I decided to push forward with this project. Finding a publisher and translating the book in my mother tongue became a logical step to further reach my goal of providing a vehicle that allows adults and children to embark on this yoga adventure in French.

It is with great anticipation that we await the arrival of this newest addition to the YogaKids library.

Go play, explore, create!!!

May it inspire you to further your goals and dreams!

Namaste,

Catherine

Impossible means I'm Possible!

- Sark

Let the beauty we love be what we do.

- Rumi

