



Best Practices for Yoga in Schools (Yoga Service Best Practices Guide) (Volume 1)

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Are you interested in offering students in your school the most effective, sustainable and inclusive yoga programming possible? Would you like to teach yoga in schools and have the support and advice of those with many years of successful experience? Have you been interested in sharing yoga with your students, but wondering how to do so safely?

Best Practices for Yoga in Schools is a guide for yoga teachers, classroom teachers, school administrators, social workers, and anyone else interested in bringing yoga to children safely, and in a just and inclusive way. By outlining suggestions and considerations across a wide variety of topics, this book will help you effectively and sustainably offer high-quality yoga programming for all children.

Based on the collective wisdom and experience of 23 contributors and four reviewers, this Best Practices Guide will support your capacity to implement meaningful school-based yoga programs, with the potential to transform the educational environment and help students thrive in a wide variety of situations.



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