



RIVER'S MAGIC TREASURE CHEST

– a yoga adventure for children

Marie Lind Finsterbach




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River's magic treasure chest
–a yoga adventure for children

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Marie Lind Finsterbach asserts the moral right to be identified as the author of this work

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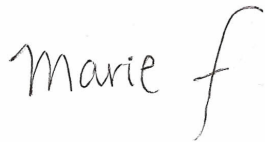
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Preface

First of all, thank you to Dr. Subodh Simkhada, who introduced me to yoga. Without him I would never have had the courage to delve further into this project.

Thank you to my publisher Forlaget Snepryd for believing in my idea of a children's book that can help children relax and play their way to knowledge of their own bodies. Of course a big thank you to the publishing editor Britta and the editors of the book, who have tirelessly helped me improve it. And finally, thank you to my closest friends and family who have believed in me fully throughout this entire process. I am deeply grateful.

A handwritten signature in black ink, reading "Marie f". The "f" is stylized with a long, sweeping tail that extends downwards and to the right.

Marie Lind Finsterbach

Introduction

The book is read aloud by an adult, and the exercises can be done in groups or with a single child.

To benefit from the relaxing effect of yoga, you can increase focus on breathing. In the exercises where this is essential, it will be mentioned.

In the section called "The journey home", I use an orange font to emphasize parts of certain sentences. This means that those parts are to be read a bit slower and more clearly. This has a reinforcing effect on the child's ability to relax, in that it will make the child focus more on these specific words.

At certain points in the book, I have noted a number of repetitions of the exercises. This was done to ensure an optimal examination of the exercises. It is also an opportunity to practice counting with the child. This can, of course, be omitted if it disrupts the reading.

It's important to be aware if the child can contain all the information at once. If not, you can start by solely focusing on the movements. You know your child better than anyone, and you will therefor know if you should skip the narrative until they are familiar with the poses.

A yoga mat is not required for the child to perform the techniques .A carpet is just fine. Otherwise, a thick towel can be used in a pinch for the lying down and sitting poses. Never use a towel for standing poses, since the child may slip and fall.

ALWAYS be mindful to stop the exercise if the child finds it uncomfortable.

Before reading the book aloud, " Information About the Exercises" should be read so that the basics are covered. You can find it in the back of the book.