

## Yoga craze hits kindergartens! ↗

Considering the recent surge in yoga's popularity, it was only a matter of time before kids got into the act

How could yoga not appeal to a curious child... when they see mum stretching over a big purple yoga ball or hanging upside down on a yoga mat?

Kids just love to act out the yoga asanas, pretending to be a dog or a cat in dog and cat pose, or a cobra arching its back!

Yoga engages, entertains, and delights children, while simultaneously stretching and strengthening their bodies, sharpening their minds, and improving their balance and coordination – all without the kids even realising they're exercising. They're just having fun! The fact that yoga seems to have a calming effect on children is a secret parents are now discovering.

"If kids are going to watch TV, they may as well watch something that's good for them..." said Wai Lana one of the world's most famous yoga teachers and producer of the Little yogis video.

"And with child obesity a growing worldwide problem, what better way to get kids exercising than making it fun for them? You truly are helping them develop healthy habits

that will continue benefiting them for the rest of their lives."

Kindergartens, child minding centers, and schools throughout Australia are embracing the idea as governments grapple with childhood obesity at record levels in this age of computers and video games.

With yoga, the child's quality of life can be greatly improved. Weight loss and diet naturally improve as the body's organs improve.

Yoga is described as being an internal massage for the body's organs, stimulating and improving each part of the body's internal functions.

Behavior can improve also as the child develops enhanced abilities to concentrate, and thus becomes more relaxed.

*"I find the Little yogis video is so easy to do in class! Just practicing a few of the exercises as a fitness activity each day (especially on wet days when we're stuck in doors) is a great way to help increase the children's co-ordination and teach them how to relax. And manage their stress."*

Jaqui Lyttle, Riverhead Primary School, Auckland, New Zealand.

Information provided by Rob Crisfield | Wai Lana yoga  
[www.yogastore.com.au](http://www.yogastore.com.au)

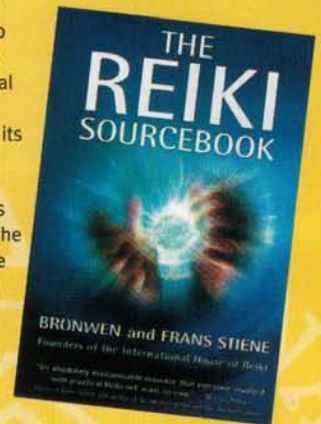
Little yogis video & kit available at [www.wailana.com.au](http://www.wailana.com.au)  
 Call 1800 640 524

# Let your body do the healing the Japanese REIKI way



Frans and Bronwen Stiene, founders of the International House of Reiki, had to go to Japan to find out what Reiki was really all about. After meeting traditional teachers, they were encouraged to research the system further – studying its traditional foundation.

After two years of research the result is *The Reiki Sourcebook*. Sold all around the world, it is hitting the top of the online Amazon charts in Reiki. Described as a 'gift to humanity' by the co-founder of the UK Reiki Federation, an 'incredible work' by Reiki author Mari Hall and a 'wonderful book' by Reiki author William Lee Rand.



This book includes grounded information for those interested in Reiki courses. It is also a compendium of information including lineage charts, history timelines, and research from a Japanese perspective into the origins of precepts, symbols, hand positions and attunements. It lists major branches and organizations as well as over 70 techniques from both the West and Japan and much more.

They found out that Reiki wasn't a 'magical system'; it didn't work with chakras or crystals or any other New Age tool. It worked with the traditional Japanese energetic system to develop your own innate healing abilities and spirituality.

Frans and Bronwen work in Europe, Asia and Australia, currently teaching the traditional Japanese methods regularly in Sydney and Melbourne. Their online shop [www.reiki.net.au](http://www.reiki.net.au) sells products for professional practitioners – hand position posters, music cds, Reiki tables and more – all around the world.

**Bronwen and Frans Stiene | Founders of the International House of Reiki | 1800 000 992**  
**Authors of *The Reiki Sourcebook* | ISBN 1 903816 55 6**  
**Available in bookstores and online [www.reiki.net.au](http://www.reiki.net.au)**

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