

# **Complete Idiot's Guide To Yoga With Kids**

**By Eve Adamson, Jodi Komitor**

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Jodi B Komitor is the leading authority on yoga for kids and the author of the best-selling book The Complete Idiot's Guide to Yoga with Kids, (Macmillan 2000).

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The Complete Idiot's Guide to Yoga with Kids has 23 ratings and 0 reviews. Yoga is great for children because it develops concentration, motor

She also holds a certification to teach Kid's Yoga from Next Generation Yoga and Jodi B. Komitor (author of "The Complete Idiot's Guide to Yoga for Kids").

I attended my first yoga teacher training in 2012 in Nairobi, Kenya. Komitor, the author of the best-selling book, The Complete Idiot's Guide to Yoga with Kids.

The Complete Idiot's Guide to Yoga with Kids by Jodi Komitor and Eve Adamson. Don't be put off by the title.... this book has lots of great info about teaching kids

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If you're a runner, chances are the half marathon distance is on your radar. According to the annual half marathon report compiled by Running USA, nearly 2 About Jodi Komitor. JODI B. KOMITOR received her yoga training and certification from the prestigious Integral Yoga Institute. She has a degree in... More about

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