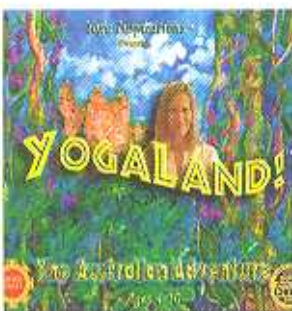


(Continued from p.65)

Yogaland! The Australian Adventure

Yoga Inspirations

The first tenet of a kid's yoga practice is that it must be fun. After all, kids' yoga is not merely adapted yoga for adults; it is another practice entirely. *Yogaland! The Australian Adventure* DVD is not only fun, it creatively expresses the core principles of traditional yoga through *asana* (posture), breath, building concentration and promoting relaxation, while providing a practice to keep modern youngsters engaged and interested.

Yoga teacher Diane Cline began her creative program in Phoenix, Arizona, where she tirelessly spent countless hours teaching classes as a volunteer, allowing students and teachers to experience yoga and its benefits. "I love to exercise," is often repeated by Cline and the children who are engaged in the practice, a sentiment essential to combat the increasing rates of childhood obesity and to counteract the lack of physical activity of many young people.

Cline's practice combines traditional Hatha yoga poses such as snake, with familiar Kundalini sets such as frog moving with the breath. She throws in poses inspired by Australian animals, including the koala. In the context of the story of *Australian Adventure*, young yogis bicycle up a mountain, run up Ayers' Rock and catch a ballet at the Sydney Opera House. One danger of playing this DVD may be requests for an actual Australian adventure.

Like a favorite bedtime story that is read and reread night after night, young yogis can travel through Australia to mimic frogs and koalas, lizards and snakes in a daily reminder that they love to exercise! At the end of the practice, Cline offers a preview of the next adventure through the Grand Canyon. If its as good as *Australian Adventure*, it will be a must-have for a kid's yoga practice library.

—Felicia M. Tomasko