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Mary Kaye Chryssicas, author of I Love Yoga, Once Upon a Pose will provide parents and teachers with all they need to know to practice yoga with kids.

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Kids' yoga: mary kaye chryssicas interview -

If you want to learn more about kids' yoga, Mary Kaye Chryssicas can help. She is the author of the book I Love Yoga; the book and DVD, Breathe: Yoga for Teens; and

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Mary Kaye teaches children and teen yoga and is the author of Breathe: Yoga for Teens and I Love Yoga, a book for children. Mary Kaye Chryssicas, teaching yoga to

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Mary Kaye Chryssicas. Author of I Love Yoga, completing several levels of teacher training through the Radiant Child Yoga Program. Mary Kaye currently has

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