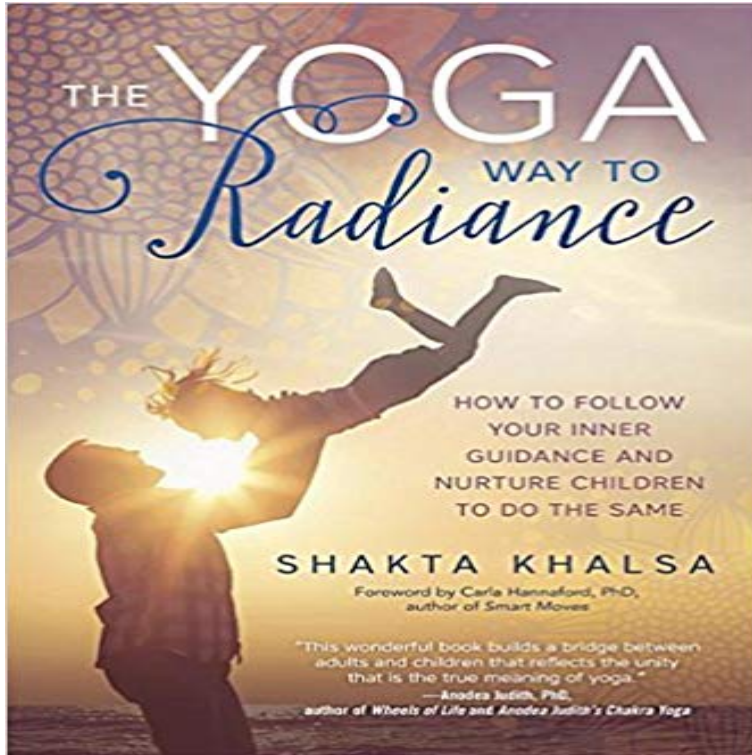


# The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same



In the pages of this book, I'm inviting you to step into a radiant flow of living. Here we'll create space to explore a new vision of your relationship with these bright souls that we call children. Join author Shakta Khalsa on an experiential journey, exploring yoga-based tools to help you embrace your true self and live with wonder and joy as you care for the children in your life. *The Yoga Way to Radiance* has been written with the intention of helping you—whether you're a parent, family member, teacher, therapist, or caregiver—reclaim your authentic self while also helping the children around you stay connected to their own inner radiance. With Shaktas guidance, you'll discover:

- Fun, effective yoga exercises and meditations for children and adults
- Ancient wisdom and leading-edge teachings to help children be the radiant beings that they are
- Techniques for staying connected to your inner self while meeting challenges with children
- Tips for the art of deep listening and neutral, friendly talk
- Natural discipline that uses the magic of imagination and natural consequences
- How to place trust in a child's natural self-correcting abilities

**Praise:** In this wise and important book, Shakta Khalsa offers teachings and yoga practices that help us in becoming a true mirror for our children's goodness and allow them to fully inhabit their aliveness and spirit.

—Tara Brach, PhD, author of *Radical Acceptance*

The *Yoga Way to Radiance* provides valuable tools to assist us in embracing our inner guidance, expressing our unique beings, learning each moment, living with wonder and joy, and mirroring that to our children and the world.

—Carla Hannaford, PhD, author of *Smart Moves* and *Playing in the Unified Field*

What would the world be like if children were introduced to the spiritual aspects of yoga at a young age? This wonderful book builds a bridge between adults and children that reflects

the unity that is the true meaning of yoga. If you love yoga, or know a child that could benefit, this book can be your guide. Anodea Judith, PhD, author of *Wheels of Life* and *Anodea Judith's Chakra Yoga Shaktas*. *The Yoga Way to Radiance* is an inspiring collection of stories and wisdom from her practice as counselor, yoga teacher trainer for children, and parent. You could open this book to any page and find a solution, a reminder, a breathing practice that could help you come back to yourself and be present for a child. Shakta reminds us that parenting is about evolving with our children, and is savvy advice from one whose life's work is dedicated to a mission of conscious parenting. Wah!, author of *Healing: A Vibrational Exchange* and *Dedicating Your Life to Spirit*. An epic book whose time has come. It will connect children and parents like only Yoga can. I highly recommend it for parents, teachers, therapists, and all who love children. Larry Payne PhD, co-author of international bestseller *Yoga for Dummies*. Congratulations, Shakta, for your wonderful mission! Children are the future of tomorrow and it's about time that we pay attention to their needs. Through this book, Shakta is doing exactly that, to help in this worthy cause. It is her amazing effort that will change our future. Through her wonderful and comprehensive work she imparts her lifetime of wisdom and experience to help to cultivate a happier and healthier future generation. Dr. Madan Bali, PhD, author of *Taming the Mind*; founder and director of Yoga Bliss Research and Training Institute. Scientific evidence shows that yoga improves us in a number of ways: physically on the body and breath, emotionally by enhancing self-regulation of emotion and stress, cognitively by increasing mind-body awareness/mindfulness, and spiritually through unitive/contemplative experiences that improve life meaning and purpose. It is a challenge to live a yoga lifestyle incorporating these changes, and even more of a challenge to incorporate yogic practices and principles into the adult-child

relationship. This book clearly elucidates the yogic psychological/philosophical concepts and practical strategies to achieve this, thereby providing children with the life skills to excel as human beings. Sat Bir Singh Khalsa, PhD, assistant professor of medicine at Harvard Medical School; chief editor of the International Journal of Yoga Therapy and the textbook The Principles and Practice of Yoga in Health Care

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