

# Yoga For Children: 200+ Yoga Poses, Breathing Exercises, And Meditations For Healthier, Happier, More Resilient Children By Lisa Flynn

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### **Lisa Flynn | linkedin**

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Jul 23, 2015 Rebeca Alessi is a graduate of the 200-hour Karuna Yoga Teacher Training Program and is certified by Yoga Ed to teach yoga in the schools, grades K 8.

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