

Books & Learning

YOGA FOR TEENS

Recommended for Ages 13+

Practicing yoga can be good for your mind, body, and soul. Beginners and experienced yogis can check out these resources for more information about poses and techniques as well as ways to deepen current practice.

Books

[*Yoga for Your Mind and Body*](#) by Rebecca Rissman

[*Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body*](#) by Jessamyn Stanley

[*This Moment Is Your Life \(and So Is This One\)*](#) by Mariam Gates

Digital Magazines

Yoga Journal

rbdigital.com/colapublib/service/magazines/landing?mag_id=1229

Yoga Journal provides informative content for both the beginning and advanced practitioner, as well as both the casual and committed reader.

Online Courses

Universal Class: Yoga 101

library.universalclass.com/i/librarycourse/learn-yoga.htm

Take a 12-lesson online course on the basics of yoga from a licensed instructor.

The Great Courses: Yoga for a Healthy Body and Mind

lacounty.kanopy.com/video/yoga-healthy-mind-and-body

Watch this video series on yoga that covers different styles and practices.

Free Video Instruction

Gaiam: Flow Yoga for Beginners

hoopladigital.com/title/11427723

Follow this introduction to Vinyasa flow yoga in five short videos. You can also search Hoopla for many more Gaiam yoga videos.

Yoga for Health with Jenny Cornero

hoopladigital.com/series/yoga-for-health-with-jenny-cornero/4441445761/titles

Jenny Cornero promotes health, well-being, and peace of mind in this series of yoga videos.