



## **GAME REVIEWS**

### **★★★★★ Kids love this game!!!!**

By: Tamara J. Waldrop - March 5, 2009

**Durability: 5 out of 5 stars = Fun: 5 out of 5 stars = Educational: 5 out of 5 stars**

**This review is from:** Tamara J. Waldrop, Parent & Educator

I am a mom and a teacher and love this game. My son relates to the characters and their journey through the rain forest. The game has many options of playing. My son also uses the cards himself. Many nights as he is going to sleep we do the yoga rest card. Wow, what a great way to spend some family time!

### **★★★★★ Yoga has never been this fun before!**

By: Laurel Casey - February 24, 2010

**Durability: 5 out of 5 stars Fun: 5 out of 5 stars Educational: 5 out of 5 stars**

**This review is from:** Laurel Casey, Parent

I am so completely thrilled with this game for my kids. Other games have left them bored after a few plays but this game has endless variety. Not only are they learning and using their bodies but they are beginning to make the valuable connection between mind and body. The colorful game board, the girl and boy characters, the quality, durability and clear explanations on the cards create a game of endless fun, challenge and life-long skills that will help them in all their endeavors. Played before bedtime and my kids slept more soundly. Played before school test days and they were less stressed and more confident. My kids are learning how to quiet their bodies and settle their emotions. If you are seeking a game rich and diverse, this game will satisfy both kids and parents. Yoga 4 Kids in the rainforest is the game they ask to play over and over again!

## ★★★★★ Youthful Yoga

By: Health & Fitness magazine December 5, 2011

**Durability: 5 out of 5 stars = Fun: 5 out of 5 stars = Educational: 5 out of 5 stars**

**This review is from:** Health & Fitness Magazine, December 2011

With more and more health experts encouraging parents to get their kids involved in a more active lifestyle, one Houston resident has found a way to introduce the ancient art of yoga to children through an original board game, "Yoga 4 Kids: In the Rainforest."

Yoga guru Marita Gardner-Anopol has packaged the art of yoga in a colorful, fun, healthy, and interactive game designed to easily teach children various poses and breathing techniques. By learning yoga at an early age, children can experience improved flexibility, concentration, test scores, anger management, focus, fitness and well being.

In addition to the game, Gardner-Anopol also released a DVD of "Yoga 4 Kids" that teaches 10 basic poses to relieve anxiety, improve flexibility and strengthen the body and mind.