Heart Space Yoga

40 hrs Kids Yoga Teacher Training

Recommended Reading List

A gentle invitation to deepen your understanding

The books and authors below are those referenced throughout the Heart Space Yoga Kids 40-Hour Teacher Training manual. They are offered as **optional, supportive reading** for trainees who feel called to explore children's yoga, nervous system care, child development, mindfulness, and inclusive teaching more deeply.

You do **not** need to read all of these (or any of them) to be a wonderful kids yoga teacher. Your manual, training videos, and live sessions give you everything you need.
These texts are simply here for curiosity, inspiration, and continued growth.

Core Kids Yoga & Child-Centred Teaching

- **Yoga for Children – Lisa Flynn**
  A foundational text for children's yoga teachers. Explores play-based, heart-centred yoga that honours the whole child. Frequently referenced throughout the manual.
- **Yoga Calm for Children – Lynea Gillen & Jim Gillen**
  A gentle, practical approach to integrating yoga into children's emotional and social development.
- **Yoga for the Special Child – Sonia Sumar**
  A pioneering work in inclusive and therapeutic yoga for children with additional needs and disabilities.

Child Development, Nervous System & Emotional Regulation

- **The Whole-Brain Child – Daniel J. Siegel & Tina Payne Bryson**
  A key reference for understanding how children's brains develop and how regulation happens from the inside out.
- **Theories of Childhood – Carol Garhart Mooney**
  An accessible overview of major child development theories, grounding yoga teaching in realistic developmental expectations.
- **Beyond Behaviors – Dr. Mona Delahooke**
  Explores behaviour through a nervous system lens, reinforcing the Heart Space belief that behaviour is communication.
- **The Explosive Child – Dr. Ross Greene**
  A compassionate framework for understanding children who struggle with regulation, control, and overwhelm.
- **Good Inside – Dr. Becky Kennedy**
  A modern, relationship-centred approach to supporting children emotionally while maintaining boundaries.

Mindfulness & Breathwork for Children

- **The Mindful Child – Susan Kaiser Greenland**
  A practical and child-friendly guide to teaching mindfulness through movement, breath, and play.

- **Sitting Still Like a Frog – Eline Snel**
  A beautifully accessible introduction to mindfulness for children, families, and educators.
- **Breathe Like a Bear – Kira Willey**
  A favourite for younger children — playful, visual, and ideal for integrating breath into storytelling and yoga.

Inclusion, Neurodiversity & Trauma-Aware Practice

- **Body-Mind Centering – Bonnie Bainbridge Cohen**
  Explores how movement, sensation, and nervous system development are deeply interconnected.
- **Temple Grandin**
  Referenced for her work and voice in understanding neurodivergent experiences from the inside out.
- **Stuart Shanker**
  Known for Self-Reg theory and the role of co-regulation in child development.

Parenting, Rhythm & Emotional Safety

- **Simplicity Parenting – Kim John Payne**
  Explores rhythm, predictability, and emotional containment — deeply aligned with Heart Space values.
- **Wherever You Go, There You Are – Jon Kabat-Zinn**
  A classic mindfulness text, referenced for its definition of mindfulness as non-judgemental presence.

Wisdom Quotes Referenced

- **Jess Lair**
  "Children are not things to be moulded, but people to be unfolded."
- **Deborah Adele**
  Referenced in relation to the Yamas & Niyamas as living ethical practices.
- **Prentis Hemphill**
  Quoted on boundaries as an act of love and mutual care.

A Heart Space Reminder for Trainees

You are not expected to read everything here.
Let curiosity lead.
Let resonance guide you.
And trust that your lived experience, presence, and heart are just as valuable as any book.