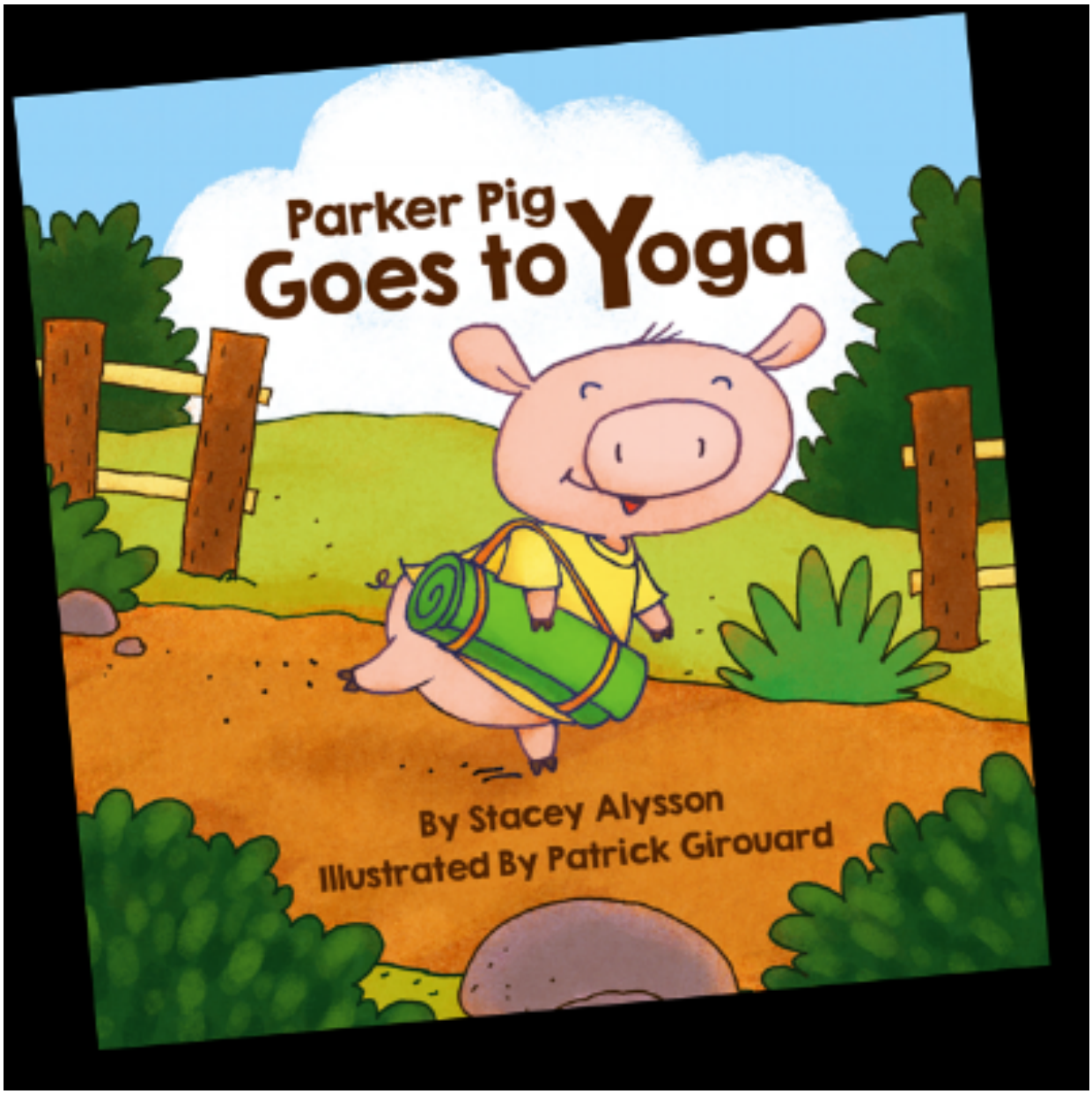
SF YOGA MAG



Jan 12

Parker Pig Goes To Yoga

By Nikita Mehta

Last semester, the Communicative Disorders' graduate students at San Francisco State University submitted a grant proposal that would implemen their families and their communities benefit from this as well. But why limit this gift to children with special needs? All children could use the powe

Are you a teacher or a care provider that would like to implement a yoga class in your classroom? Or maybe you are a parent that would like to sta 1&keywords=parker+goes+to+yoga)!

We sat down with the creator of this amazingly adorable and interactive book and card game, Stacey Alysson, to talk yoga, inspiration and why th

You were inspired to do a yoga teacher training after your experience with prenatal yoga. What changed in you during the prenatal yoga th

I started my yoga practice when I was pregnant with my son, Sam, 8 years ago, initially to just stay in shape. I soon realized yoga was way more th confidence and strength from within and the ability to calm my mind. So, I started teaching yoga and sharing the gift of yoga with everyone I knew

Did you and your son attend mommy and me yoga classes?

My son and I currently don't attend any mommy and me classes, but we do have a home yoga practice, his mommy is a yoga teacher after all. How flexibility. He really enjoys inversions, handstands, and occasional back flips on the bed, too. The back flips aren't part of our yoga practice! My sor

What was the spark of inspiration that lead to Parker Pig Goes to Yoga?

The spark of inspiration that lead to the creation of "Parker Pig Goes to Yoga" book and game really just came from a lack of new kids yoga materia game I created are just really an extension of how I teach my kids yoga classes now. This is all a passion project gone wild! My students and I com great way for kids to see that anyone can do yoga. I also mention it's a yoga practice, not a yoga perfect! It doesn't matter if you can't touch your t

Can you tell us a little about the card game and how it complements the book?

The yoga card game was created to help the kids practice the yoga poses they learn in my book, *Parker Pig Goes to Yoga*. When learning is fun and

At how many preschools do you teach yoga? What is your favorite part about teaching yoga to children?

Currently, I teach at 4 different preschool and elementary school locations with over 400 children a week. I also teach regular private clients and fa and in the moment. I also love seeing how they incorporate what I teach them in class and use their Yoga poses and breathing as a tool to help cal also so important today for them to get up and moving especially with all the technology we have keeping them glued to a screen. Yoga also gives therapists are currently using Parker Pig now for their clients! We also need more peacefulness and mindfulness starting with our youth more now t

In our world of smart phones and constant stimulation, yoga is becoming more and more important for children. Where should parents star

A lot of my clients ask me what to do with their children at home for a home Yoga practice. First of all, I highly recommend the Mindfulness for Chi together! And read my book with your kids! It's a great introduction to yoga that is fun and playful.

You have written a book and made a card game and now have moved on to yoga mats for kids! What's next? A teacher training for prescho

After my first book, yoga card game and Parker Pig yoga mats (created all within less than a year), I'm now working on my second book and more y of my kid's yoga class, and possibly a teacher training soon. I'm a mother first, but sharing the gift of yoga with as many children as possible, know

Connect with Stacey on Instagram (@ParkerPig.GoestoYoga (https://www.instagram.com/parkerpig.goestoyoga/)), Twitter (@StaceyAlysso (https:,

Nikita Mehta (/Blog/?Author=59c92293bebafb0293d867d3)

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Nikita Mehta is a graduate student at San Francisco State University studying speech pathology. She is current