

## Susannah Hoffman

### Writer - non-fiction

Susannah started practicing yoga as a child and realized at an early age that her passion lay with alternative health and educating people into a more holistic lifestyle.

She studied massage and aromatherapy, crystal healing, herbalism, Reiki and more and has been teaching yoga for over 20 years to all ages and levels.

She also teaches baby massage and pregnancy yoga and is an experienced birth partner having attended many births and has even had the honour of delivering one when the baby arrived before the midwife.



## Agents

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Millie Hoskins

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## Publications

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### Children's

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Publication Details	Notes
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**YOGA FOR KIDS** Teach your kids about yoga and mindfulness with this mindful yoga activity book. Yoga activities are a great way to teach children about relaxation, meditation, and peace-while having fun at the same time.

2018  
DK (Penguin  
Random House)

This book is packed with yoga activities for kids and mindful games. Kids can stretch into tree pose, bend into butterfly pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences.

With more than 50 poses and activities, Yoga for Kids has everything you need to know about yoga for children. Children are guided through each pose, to make sure they achieve maximum fun and mindfulness in their yoga practice. Parents are given notes on each pose, to let them know what benefits it brings and how to stay safe.

Yoga for kids shows that supporting a child's positive mental health doesn't need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get moving while having fun.

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