

Review and Giveaway: Kidding Around Yoga "Music For Little Yogis" CD



Are you ready to kid around and have a blast? Jogging, dancing, massaging, chanting, deep relaxation, focus games and activities all with a yoga twist!

The new Kidding Around Yoga "Music for Little Yogis" CD is packed with 45 minutes of OMazing fun!

Songs on the CD include:

- 1 - Peace begins with me** (love the message of this song!)
- 2 - Really Stinky Feet** (perfect if you want to add some "laughter yoga" to your day. I can't stop laughing every time I listen!)
- 3 - Namaste** (a fun way to explore the concept of "Namaste".... Peace, Love & Togetherness)
- 4 - Salutation to the Sun** (the slower pace will help the kids I work with be able to learn a "sequence" of poses)
- 5 - Head Shoulders Yoga Pose** (I love the way they take a tune kids are familiar with and add yoga flair to it!)
- 6 - Joggin' Through the Jungle** (will be a fun addition to a jungle-themed yoga class! Love the strong beat..... many kids with Autism love songs with a strong beat!)
- 7 - TOE-GA** (can't wait to get out the pom-poms and do some toe yoga to this fun song. Check out these websites for ideas: <http://marias movers.com/2011/05/toe-ga/> & <http://bodylogique.blogspot.com/2010/07/going-barefoot.html>)
- 8 - Hip Hop Yoga Bop** (will be fun to use in Yoga Freeze Dance)
- 9 - The Strap Song** (I don't have any yoga straps yet.... but this fun song makes me want to get one and try it out!)
- 10 - Massage Train** (partner poses are a fun way to work on social skills & to explore different intensities of touch for kids with Sensory Processing problems)
- 11 - The Secret Garden** (kid-friendly guided progressive relaxation)
- 12 - In The Secret Garden Instrumental** (will be perfect for Savasana)
- 13 - Tingsha** (love the calming kids voices & chimes in this song!)
- 14 - Om Shanti** (love the message of this song!)
- 15 - Roll your mat** (will be a fun addition to the end of a kids yoga class!)

All the songs are unique & fun!

My faves so far are "Hip Hop Yoga Bop" & "Head Shoulders Yoga Pose" :) (a bargain.... 15 songs for only \$10! And they have PayPal.)

Check out the samples by going to their website and clicking on the PLAY button to listen: <http://kiddingaroundyoga.com/shop.php>

Listen to all the song samples & purchase downloads on iTunes at: <http://itunes.apple.com/us/artist/kidding-around-yoga/id446506805>, at Amazon: http://www.amazon.com/Music-for-Little-Yogis/dp/B005A1CXBI/ref=sr_1_1?ie=UTF8&qid=1309883605&sr=8-1 & at CD Baby: <http://www.cdbaby.com/cd/harislender>

Disclaimer: *I received a free digital sample of this product to facilitate my review. Opinions expressed are my own.*

How to enter the CD giveaway:

1. Leave a comment on this blog post with your name, why you love kids yoga music and include a valid email address in the comment form so we can reach you if you've won (comments must be in English; 1 entry per person)
2. For one additional entry, become a Facebook fan of OMazing Kids Yoga (<http://www.facebook.com/OMazingKidsYoga>) and do a post on that page mentioning this giveaway & why you love kids yoga music (posts must be in English; 1 entry per Facebook account).

Entry Deadline: Enter by any of the methods listed above by 11:59pm CST on July 12, 2011.

Rules of Participation:

- Must be 18 years or older with a valid e-mail address.
- International entries are allowed.
- Employees or family members of OMazing Kids Yoga or Kidding Around Yoga are not eligible.
- No purchase required.
- Odds of winning will depend on the number of eligible entries received.
- **Three (3) winners** will be chosen via a random drawing of valid entries on July 13, 2011.
- The winner will be notified via e-mail.
- In the event that the winner does not respond within 48 hours, a new winner will be selected via a random drawing.
- The winner's mailing address will be obtained via e-mail and will be forwarded to Kidding Around Yoga.
- Kidding Around Yoga will be shipping the CD directly to the winners.
- Prize Value: Kidding Around Yoga "Music For Little Yogis" CD – retail price \$10.00

Other Legal Stuff: I know it's just a kids yoga music CD but just to be safe here is all the legal stuff..

This giveaway is in no way sponsored, endorsed or administered by, or associated with Facebook. You are providing your information to OMazing Kids Yoga and not to Facebook. The information you provide will only be used for our internal purposes in relation to the administration of the giveaway. Your information will NOT be sold to any outside parties.

Indemnification/Hold Harmless: By participating, entrants agree: (a) to the decisions of OMazing Kids Yoga, which shall be final in all respects; (b) to release, discharge, and hold harmless OMazing Kids Yoga and its respective representatives and agents from all liability, injuries, losses or damages of any kind to persons or property resulting in whole or in part, directly or indirectly, from the acceptance, possession, misuse or use of a prize, or from participation in and/or entry into the Contest or any Contest-related activity and for acceptance, delivery, or use of any prize; (c) that the foregoing parties have neither made nor are in any manner responsible or liable for any warranty, representation or guaranty, expressed or implied, in fact or in law, relating to any prize.

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<http://omazingkidsyoga.wordpress.com/2011/07/05/review-and-giveaway-kidding-around-yoga-music-for-little-yogis-cd/>