

Please Note: For information on all of my **Move with Me Yoga Adventure Videos, our Movement & Mindfulness Curriculum, and associated awards**, please go directly to that page on the Navigation Bar.

Book

Editor: [The Yoga of the Yogi](#) by Kausthub Desikachar

The International Journal of Yoga Therapy

“The Yoga of Healing” with Kausthub Desikachar & Chase Bossart
<http://iajtjournals.org/doi/abs/10.17761/ijyt.15.1.p501133535230737>

Move with Me Yoga Adventures Blog Posts

<http://movewithmekidsyoga.blogspot.com/2011/10/gone-movnating.html>

<http://move-with-me.com/uncategorized/affirmations-and-mantras-for-kids/>

<http://move-with-me.com/news/happy-birthday-dr-seuss/>

<http://move-with-me.com/self-regulation/share-the-sunshine-breath/>

<http://move-with-me.com/self-regulation/4-breathing-exercises-for-kids-to-empower-calm-and-self-regulate/>

<http://move-with-me.com/social-emotional-development/6-tools-that-support-kids-social-emotional-development-for-2012-and-beyond/>

<http://move-with-me.com/social-emotional-development/6-tools-that-support-kids-social-emotional-development-for-2012-and-beyond/>

MindBodyGreen.com

“Using Yoga & Mindfulness to Defuse Stress at Home and at School”

<http://www.mindbodygreen.com/0-3878/Using-Yoga-Mindfulness-to-Defuse-Stress-at-Home-at-School.html>

Experience Life Magazine Online (2 part post)

“Why MovNat Matters Even More Than You Think”

Pt 1 https://experiencelife.com/article/why_movnat_matters_even_more_than_you_think_-_part_1/

Pt 2 https://experiencelife.com/article/why_movnat_matters_even_more_than_you_think_-_part_2/

Paleo Magazine

“MovNat - It’s Not Just for Grownups: How Movement Helps Your Kids Grow Up Smarter, Happier & Healthier”

http://www.movnat.com/wp-content/uploads/2012/10/08-12_PM-Issue_MovNat.pdf

STPL Library Podcast / episode 6/9/2011

<http://www.sttammany.lib.la.us/podcast.html>

The Wise Mom/ Spring 2012

“How Yoga Can Help You & Your Kids Defuse Stress by Tapping Into Your Natural Body-Mind Wisdom”

http://issuu.com/wisemom/docs/wisemom-march2012_rev (p. 49)

Covington Weekly Articles & Videos

(video) Simple Stretch Series/Basic Back Line & Lower Body Complex <http://covingtonweekly.com/2014/10/22/our-place-simple-stretch-series-video/>

(video) Simple Stretch Series: Relieve Neck & Shoulder Tension
<http://covingtonweekly.com/2014/09/24/op-video/>

Benefits of Yoga for Tweens & Teens

<http://covingtonweekly.com/2015/05/06/our-place-studio-offers-yoga-tweens-teens-downtown-covington/>

Covington’s Natural Beauty Conducive to Good Health

<http://covingtonweekly.com/2014/06/04/covingtons-natural-beauty-conducive-to-good-health-by-liz-bragdon-our-place-studio/>

For Healthier, Happier, Smarter Kids – Move & Play Every Day!

<http://covingtonweekly.com/2013/03/13/for-healthier-smarter-happier-kids-move-play-everyday-by-liz-bragdon/>

Make Space for Life: A Breathing Practice for the Season

<http://covingtonweekly.com/2015/03/04/make-space-for-life-a-breathing-practice-for-the-season-from-our-place-studio/>

Bodyweight Exercise at Our Place Studio: Take the Gym with You Wherever You Go

<http://covingtonweekly.com/2014/07/30/bodyweight-exercise-at-our-place-studio-take-the-gym-with-you-wherever-you-go/>

10 Benefits of Yoga: Celebrate National Yoga Month

<http://covingtonweekly.com/2013/09/18/10-benefits-of-yoga-national-yoga-month/>

Never Say Diet: Just Eat Real Food (with Laura Warner, Licensed Holistic Nutritionist)

<http://covingtonweekly.com/2013/04/17/never-say-diet-just-eat-real-food/>

Back to Nature: The Rise of Green Fitness

<http://covingtonweekly.com/2013/03/27/back-to-nature-the-rise-of-green-fitness/>