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As the parents of a child with Asperger syndrome, special education administrator Dion E. Betts (coauthor, Homespun Remedies: Strategies in the Home and Community for Children with Autism Spectrum and Other Disorders] and yoga practitioner Stacey W. Betts are sensitive to the needs of children with autism spectrum disorders (ASDs). Here they explain how yoga can be beneficial to such children through a series of illustrated, easy-to-follow yoga poses and breathing techniques. They introduce warm-up, strengthening, tension-releasing, and calming poses; two short sequences for lighter days; and four breathing techniques. Photos present two levels of a pose, and imagery is employed metaphorically as well, to help the child better understand a pose (e.g., one must be strong in the bridge pose to hold up the cars and trucks that roll over a bridge). This book, which can be used by parents wanting to introduce their children to yoga, shows how stress and anxiety can be lessened in both parties through patience and hands-on interaction. Recommended for all libraries.-Dede Fellrath-Archer, Naples, FL

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