



ABCs of Yoga for Kids

Teresa Power

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The ABCs of Yoga for Kids uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Each of the 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Yoga is a noncompetitive form of exercise, suitable for children (and adults) of all ages and athletic abilities. Any activity for young children is important because the nation, including our youth, is under siege by obesity, stress, and diseases like diabetes, which stem from poor diet and lack of exercise. Yoga for young kids will create good habits and a foundation for well-being. Children have a lot of fun learning new positions, new letters, and new ideas. This book will delight and bring joy to the early yoga practitioner.

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From reader reviews:

Mary Alexander:

This ABCs of Yoga for Kids book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this book incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This particular ABCs of Yoga for Kids without we comprehend teach the one who studying it become critical in pondering and analyzing. Don't be worry ABCs of Yoga for Kids can bring any time you are and not make your bag space or bookshelves' come to be full because you can have it with your lovely laptop even mobile phone. This ABCs of Yoga for Kids having fine arrangement in word along with layout, so you will not sense uninterested in reading.

Karen Strickland:

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Elaine Moore:

Typically the book ABCs of Yoga for Kids will bring you to definitely the new experience of reading any book. The author style to describe the idea is very unique. In the event you try to find new book you just read, this book very ideal to you. The book ABCs of Yoga for Kids is much recommended to you to read. You can also get the e-book from your official web site, so you can more easily to read the book.

Beth Sanders:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled ABCs of Yoga for Kids can be very good book to read. May be it can be best activity to you.

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