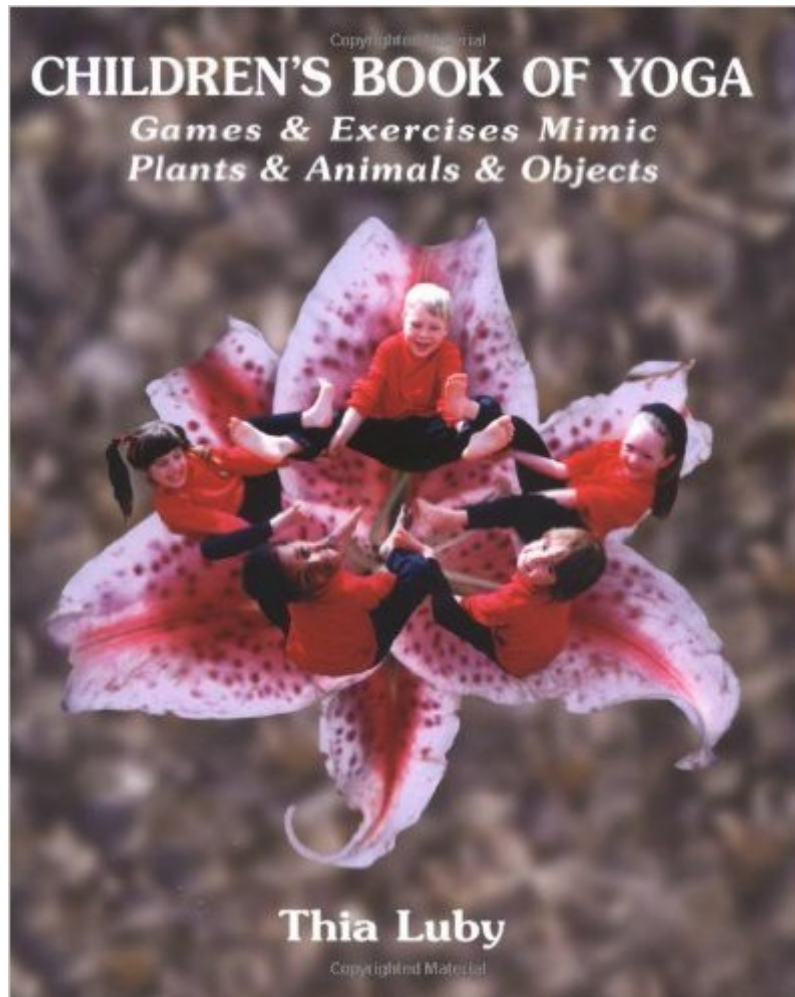


The book was found

Children's Book Of Yoga: Games & Exercises Mimic Plants & Animals & Objects



Synopsis

A unique and original new program of yoga especially designed to appeal to children, this book presents six complete, entertaining yoga workouts for children ages three to 12. The exercises and games are based on imitation of animals, natural forms, and interesting manmade objects chosen because of their natural appeal to a child's imagination.

Book Information

Hardcover: 96 pages

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Product Dimensions: 10.2 x 8.8 x 0.5 inches

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #954,071 in Books (See Top 100 in Books) #131 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #189 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #33952 in [Books > Children's Books > Literature & Fiction](#)

Customer Reviews

This is a fabulous book visually; with large color photos of the animal/object and children in the pose. It is also full of new information and poses created by the author. It won a national award for one of the best children's books of 1998 from the School Library Journal. I highly recommend it!!

This book is *truly* worthwhile. I took it out from the library (along with a number of other children's yoga books) and found it superior to the rest. It contains very clear pictures of an object/animal on one page, along with a brief comment/question to ask a child, and the other has a child in a similar pose, wearing similar coloured clothing. There is also suggestions for yoga poses for various ailments, headache, etc. I am on a *tight* budget, but ordered this book after my first reading of it. What better recommendation do you need? Buy this book, and everyone at work will think you are cool.

This book is now available. It is a beautiful book with color photos throughout and new poses and games to play. Many poses were created by the author. Children ages 3-12 will enjoy learning new

poses from this book. There is also information for teachers and parents.

I bought a whole slew of yoga for kids books and this is by far the best one. All of the others repeat the information from this book, but in a less clear way and without the great pictures. This is the one to get.

A beautifully illustrated book. Accurate and colorful. My class of preschoolers related to it wonderfully, using it as a guide for their own Yoga poses. They invented several and we took pictures to add to this stunning book. This Yoga work interested and calmed some of my more challenging students. Well worth the investment of money and time. Highly recommend.

I can only give it 2 stars because most of the poses listed are regular poses with just a name change. Any instructor can make up his/her own animal names for most of the poses. I bought it used and am glad I didn't pay full retail.

I bought this book as a resource for my church's Preschool/Kindergarten Religious Exploration class. Each Sunday we have a class of 3-6 year olds for an hour. We break the time into short segments and like to include some kinetic activities. They have together time, a spiritual message, a craft, a song, and then we use to play a game together. The games started getting a bit wild and sometimes too competitive, so I thought a quieter physical activity like yoga might be a good fit. This book makes the positions so fun and easy: each child can be successful at their own level. It has suggestions of how to use the poses, ways of advancing through the positions, a section sort of like a "teachers guide" so people unfamiliar with yoga (such as myself) can use it with confidence. The kids love doing Yoga and looking at the pictures to see how to do things. They are fully absorbed in trying to achieve the poses and talking about what a flower (or star or whatever the pose is modeled on) feels like or sees or thinks. The book is very well done, thought provoking and affirming. I am fully delighted with it!! This is a wonderful addition to a young child's life.

My 7 years old daughter picked this yoga book from our Library and our whole family fall in love with it. I am truly amazed with this yoga book. Wonderful poses of plants and animals with beautiful pictures and good, easy explanations. My girls (7 and 5) love to practice all the poses and I love it too. Great for beginner adults like me too. A lot of fun and relaxation. I will definitely buy this book to keep it. Thanks to my girl for finding this yoga book in the library :-).

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