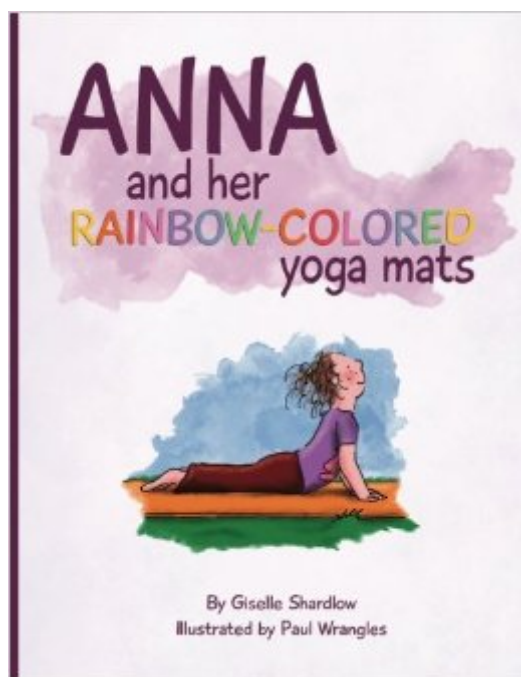


The book was found

# Anna And Her Rainbow-Colored Yoga Mats



## Synopsis

A Kids Yoga Story About Friendship, Happiness and Acceptance Anna finds happiness practicing yoga at recess. She imagines traveling the world and exploring new places. Will her new classmates accept her and join the fun? Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and learning. Reading is good for the mind AND body! This book for ages 3 to 7 is more than a storybook, but it's also a unique experience for children. This 2nd edition was published January, 2015

## Book Information

Paperback: 32 pages

Publisher: CreateSpace Independent Publishing Platform (May 26, 2012)

Language: English

ISBN-10: 147740077X

ISBN-13: 978-1477400777

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (71 customer reviews)

Best Sellers Rank: #556,791 in Books (See Top 100 in Books) #49 in [Books > Children's Books > Growing Up & Facts of Life > Health > Physical Disabilities](#) #84 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #113 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

## Customer Reviews

I love yoga story books! I am a parent & me yoga teacher and I like to have a different book for each theme; this will work for my Chakras/Colors class. And can spark a nice discussion about those different from you. I'd say this is for 5+ rather than under 4 because of story length. (Some of the other books I have are "ABC's of Yoga" for ABC class; "Roar Like a Lion" for animal class where we do animal breaths and poses, "I Am Yoga" and then I just have some active books like "Clap Your Hands"/ "Shake a Leg" since the kids love those and "From head to toe" for body parts class) I have at least one of her other books (Sophia's Jungle Adventure); she also has Good Night, Animal World, Luke's Beach Day, The abc of Australian Animals and Hello, Bali. It would be ideal to have an easy kids book on sun salutations, and a simpler abc one (like B is for Bear but Y is for Yogi) and Yogi Says (I sometimes use Elmo Says but I know some parents don't like characters) \*hint hint\*; if anyone has any suggestions post a reply :) Spoiler Alert ~ Story: "Say hello to Anna," announced the

teacher. "She's our new student from the country." Anna looked down at her toes. She felt a pain in her stomach. "Hello, Aaaaannaaa!" chimed the class. What is that read thing in her sparkly backpack?" "Check out her curly hair" "Look at her crazy-colored shoes!" whispered the children to each other. Anna couldn't hear them. At recess, Anna unrolled her red yoga mat next to the tree. She felt safe on her yoga mat. She had learned to do yoga by watching her mom every morning. As she moved through her poses, she imagined traveling the world.

This title is one of about 10 books in the Yoga Kids Stories. These books integrate yoga poses into stories that provide information, about animals, other countries and often present educational concepts such as shapes, colors and seasons. Some titles in the series teach life lessons such as embracing diversity. The author, Giselle Shardlow, uses her educational expertise from her Masters of International Education; her eight years of experience teaching grades K-5 in Guatemala, Australia, Canada and United States; and her certification as a yoga instructor to bring multiple layers of learning to each book. Each title is a rich experience, creating various educational applications for both school and home. The yoga component itself is a wonderful tool. Many educators and parents use yoga to help children calm themselves. As an adult who has recently started yoga, I truly understand how effective yoga can be to reduce stress. While concentrating on maintaining the yoga position, breathing, and tightening or softening appropriate muscles, the mind is so busy it cannot focus on the stressor that occurred. Yoga is an easy and effective tool to help children in dealing with their emotions and stresses. Each book contains helpful end notes to guide the parent or educator to safely and successfully introduce yoga to children and making it a more meaningful and enjoyable experience for everyone. But in addition to the yoga component, this story includes some academic concepts as well as emotional intelligence. While math and colors are part of the story, even more important life lessons are introduced. Anna is the new student at her school. But in addition to that she wears a hearing aid and does yoga. All of these differences could be very isolating and at first they are.

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Random Acts of Deceit: A Holly Anna Paladin Mystery (Holly Anna Paladin Mysteries Book 2)  
Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga  
Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)  
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