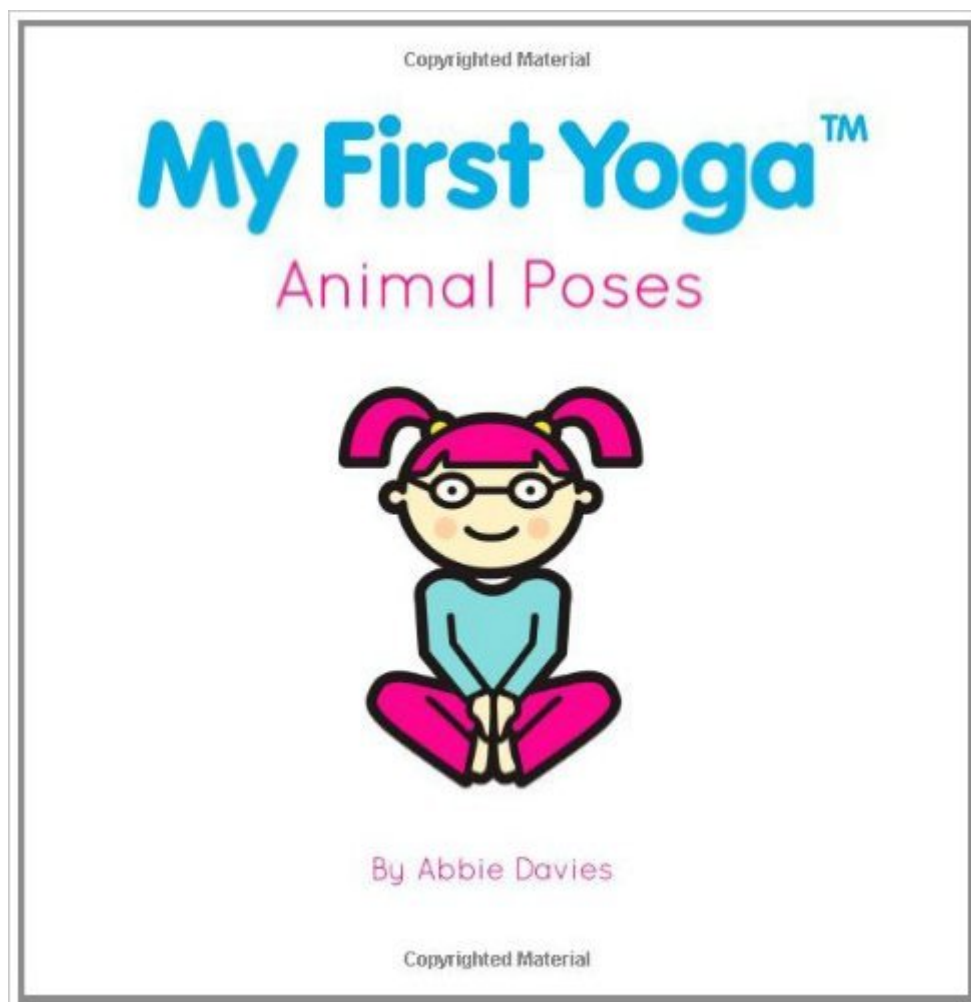


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# My First Yoga: Animal Poses



## Synopsis

This book uses child friendly vocabulary and vibrant illustrations to lead readers through a series of easy to follow yoga poses. Learn to become a strong dog, quiet turtle and proud lion- while stretching mind and body to improve focus, balance and concentration.

## Book Information

Paperback: 32 pages

Publisher: My First Yoga (February 21, 2010)

Language: English

ISBN-10: 0982655908

ISBN-13: 978-0982655900

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #875,830 in Books (See Top 100 in Books) #125 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #173 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #2051 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

The word "friends" is misspelled as "freinds" in this book. I am surprised and disappointed to find such sloppiness in such a short book with such little text. Is a freind like a frenemy?

If you're looking to get your littlest ones excited about trying yoga for the first time, this is the place to start. This fun picture book shows your toddler how to turn him/herself into a whole menagerie of animals, including a lion, a snake, a monkey, a cow, a cat, and, my daughter's favorite, a flamingo. This book is not a textbook for parents full of reasons about why yoga is good for your child or planned routines to show them. It is a book designed just for your toddler with one pose colorfully illustrated on each page along with a brief explanation you can read to your child, often suggesting fun movements or sounds you can add to the pose. The cute and clear illustrations make the book and the yoga really inviting for toddlers. My 3 year-old will pick this book off the shelf, open it up to one of her favorite animals and just start doing yoga, all on her own! She'll go through all the animals and then start again. We both really enjoy this book and hope to see more books with more poses from the My First Yoga folks!

This book is just wonderful. It's a great introduction to yoga for young kids. My children (3yo) can look at the illustrations and take a good stab at the poses on their own without my help. They want to "play yoga" all of the time!

I received a copy of this book from a friend, and I absolutely love it. I don't have kids yet, but I looked through this book and I work with kids and I think it is just perfect for kids' ages. The illustrations are superb. If you've ever seen a kid's eyes captivated by a story, completely engaged in the idea and the practice - this is the book. The best part is that I sometimes leaf through it for reminders to do my own yoga practice! I can't wait to share it with my (future) kids. This is also definitely a go-to item for gifts for my friends and families in my neighborhood. Love this book.

This book has been an excellent resource for me to use therapeutically with many of the children with whom I work. The illustrations are appealing and easy for the children to imitate. The use of animals to illustrate the poses is a great way to engage young children.

Kids love it! It's a great way to loosen up the kids before teaching or reading!

Wonderful introduction to animal yoga for kids!

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My First Yoga: Animal Poses How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques and composition 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) Coloring Books for Adults: Animal Masks: 30 Wild Animal Face Designs to Color and Exhibit (Animal Mask Patterns, Wild Animal Patterns, Doodle) Safari Animal Patterns: 30 Exotic Safari Animal Patterns to Feel the Wildlife World (Safari Animal Patterns, animal designs, zendoodle) You Are a Lion! and Other Fun Yoga Poses Yogasana: The Encyclopedia of Yoga Poses Asanas: 608 Yoga Poses Little Yoga: A Toddler's First Book of Yoga Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Pre-natal Yoga: Yoga Class and Guide Book.

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