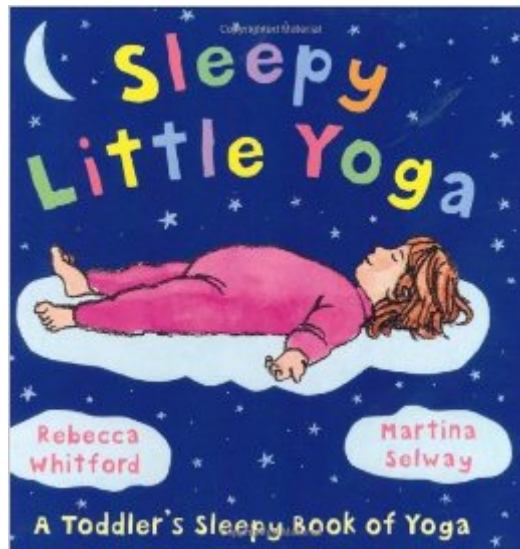


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# Sleepy Little Yoga: A Toddler's Sleepy Book Of Yoga



## Synopsis

A relaxing yoga sequence for toddlers Here is a soothing sequence of nine simple yoga poses perfect for helping young children to wind down before nap or bedtime. Toddlers will love moving along with Yoga Baby in poses that mimic nighttime animalsâ from bats and owls to tired bunnies and sleepy bees. This interactive picture book also includes useful information for parents and educators, and photographic demonstrations of each pose. Bright, colorful, and accessible, Sleepy Little Yoga is a great way for little ones to enjoy the benefits of yoga. Sleepy Little Yoga is a 2008 Bank Street - Best Children's Book of the Year.

## Book Information

Hardcover: 28 pages

Publisher: Henry Holt and Co. (BYR); 1st edition (April 17, 2007)

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Product Dimensions: 8.1 x 0.3 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (42 customer reviews)

Best Sellers Rank: #79,520 in Books (See Top 100 in Books) #16 inÂ Books > Children's Books >

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Exercise & Fitness > For Children #255 inÂ Books > Health, Fitness & Dieting > Exercise &

Fitness > Yoga

Age Range: 1 - 4 years

Grade Level: Preschool and up

## Customer Reviews

My two year old enjoys this book quite alot. I am constantly surprised by the times and places she'll begin her yoga sessions, any where from the beach to the doctors office. Though I have not made it a part of our every day as I'd wanted to, the images and poses really seem to stick with her. Its a nice little book. Short and sweet, the poses are adapted for the very young, but if you have fun with it your child will too.

My wife bought this book for her and our 2 year old to do before bed. Honestly, I thought it was a joke. I ragged on her when she got it and said she was crazy for expecting a 2 year old to do this.

Boy was I wrong. He loves it and actually does the positions and makes the animal sounds! He starts saying "baby oga" (thats how he says yoga) when we start to clean up his room and give him his bath. He looks forward to it every night and we have to send the book with him when he spends the night at Grandma and Grandpa's. He will even go and get the book and do some of the moves during the day sometimes. So, I was wrong on this one. This book is a big hit with our son, and was a great purchase. If you are doubting like I was, go ahead and get it. I don't think you will be disappointed.

My 1-1/2 year old loves to read this before bed and to try out the different poses. I'm not sure it actually makes her particularly sleepy but she enjoys it and it's fun to watch her blink like an owl. I like that in the back of the book there are more in depth explanations on how to do each pose.

My daughter loves this book. She loves flipping the page and doing the yoga poses. I lay with her and do the pose first and show her the pose on the book. Then she imitate what I do and loves it. She loves it so much she takes it in her room at night. She also likes the animals in the book. It makes it easy to do yoga. Make sure you teach your child to slowly lay down on the floor and not hit the head on the floor!!!!

My daughter loves doing these poses before bedtime or any other time. She is a very active three year old and loves the animal imagery. We haven't progressed to other yoga things yet, but I would certainly purchase other books in this line.

This is a great little book! The illustrations are just darling and there is a helpful little guide in the back of the book for parents. I read it to my 3 year old and she did the positions quite easily - the animal comparisons for each move seemed to be inspiring to her. My nine year old even liked participating. I wish I had found this book sooner and plan on getting copies for my friends with toddlers/preschoolers.

I bought this book because I love resources that my 18 month old can have fun with while learning about her body. I never guessed that SHE would be even more in love with this book though. This is by far her favorite book to read at any time in the day. At first she was too young to mimic the poses but now at 21 months and lots of repeated readings, she moves around and follows along the words too. We also use ASL so I love that this is another way she can express herself. It's a sweet book

for many reasons!

I wanted to teach my two year old some basic yoga positions and this book is a perfect starting point. Each page has a cute illustration showing how to do one pose (hang like a bat, curl up like a mouse, etc.) At the end of the book are photographs of an actual child doing each pose. This is a great book to introduce the concept of yoga to a little one.

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