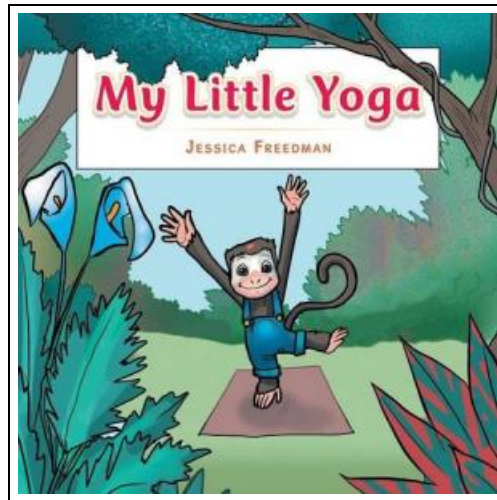


## My Little Yoga (Paperback)



Filesize: 9.58 MB

### **Reviews**

*It is simple in read through safer to comprehend. This is for anyone who statte that there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Samanta Klein)*

## MY LITTLE YOGA (PAPERBACK)



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AUTHORHOUSE, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My Little Yoga is a bright and cheerful children s book aimed at bringing mindfulness into children s lives. The yoga postures illustrated by Mason Monkey and his other Costa Rican jungle friends are exercises for strength and flexibility that are appropriate for children of all ages. There is a breath exercise that introduces kids to deep breathing for focus and calming as well as relaxing poses that begin to incorporate the idea of mindful stillness into their lives. My Little Yoga is a wonderful learning tool for yoga teachers and school teachers from preschool to early education.



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