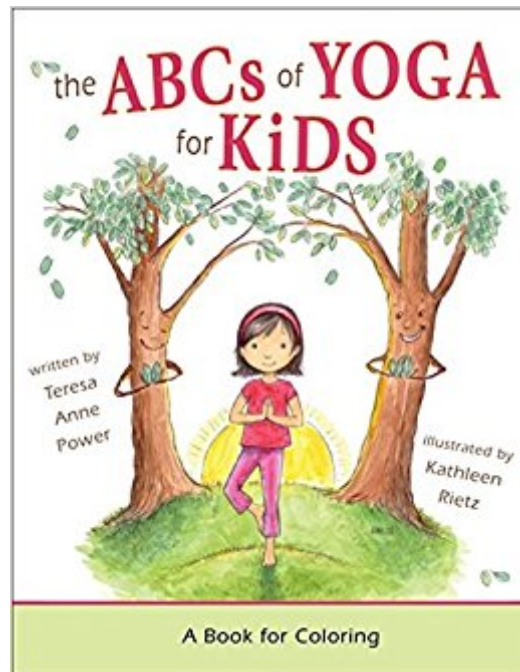




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The ABCs Of Yoga For Kids: A Book Of Coloring



Synopsis

This unique coloring book uses each letter of the alphabet and the corresponding yoga pose for each letter to enable kids to not only color in the pictures of children doing the postures, but also teaches them the alphabet and how to practice yoga, a non-competitive form of exercise.

Book Information

Paperback: 28 pages

Publisher: Stafford House; 1st edition (November 23, 2009)

Language: English

ISBN-10: 0982258720

ISBN-13: 978-0982258729

Product Dimensions: 8.3 x 0.1 x 10.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 23 customer reviews

Best Sellers Rank: #279,813 in Books (See Top 100 in Books) #43 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #60 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #722 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Age Range: 3 - 8 years

Grade Level: Preschool - 3

Customer Reviews

Teresa Anne Power has practiced yoga for the past quarter century, and for the past eight years has taught yoga to young children, both in school and at local organizations. She has helped 800+ kids to develop a healthy attitude towards their body. She also does volunteer work teaching kids yoga, and conducts children's yoga teacher trainings. She has spoken at numerous libraries, schools, bookstores, yoga studios, yoga conferences and festivals, and has been interviewed by more than 15 regional radio stations. She is the author of *The ABCs of Yoga for Kids*, and this coloring book is based on the illustrations and poses in it.

Awesome book, great graphics

i like this book because it gets kids into yoga. I think it would be good to include at the beginning or end a few suggested sequences. I use this to allow my kids to pick out which yoga poses they

would like to do. They like that they can associate a pose with a letter, the only problem with this is that it's really not designed to go from A to B to C and so on. Kids of certain ages tend to like order and I have a hard time explaining to my 5 year old that we do not have to go in the order of the book.

I will color them myself to help my mind calm. After coloring, I will give my daughter. I like that book. I wish they would have one page each so I could tear them off and put up on the wall in my yoga room.

Love the pictures for each letter. Very easy for little ones to color.

I use print outs of the alphabets from the book to introduce poses to my 4-5 year olds. This book has made teaching yoga to little ones super fun :)

I love this item! I great tool to reinforce both cognitive and physical/social emotional health and fitness at the time!

Arrived quickly and exactly as described - THANK YOU!

Perfect for 3-5 year olds. A great resource for preschool yoga classes. Nice quality and sweet, clear pictures. Goes well with the hardcover book

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