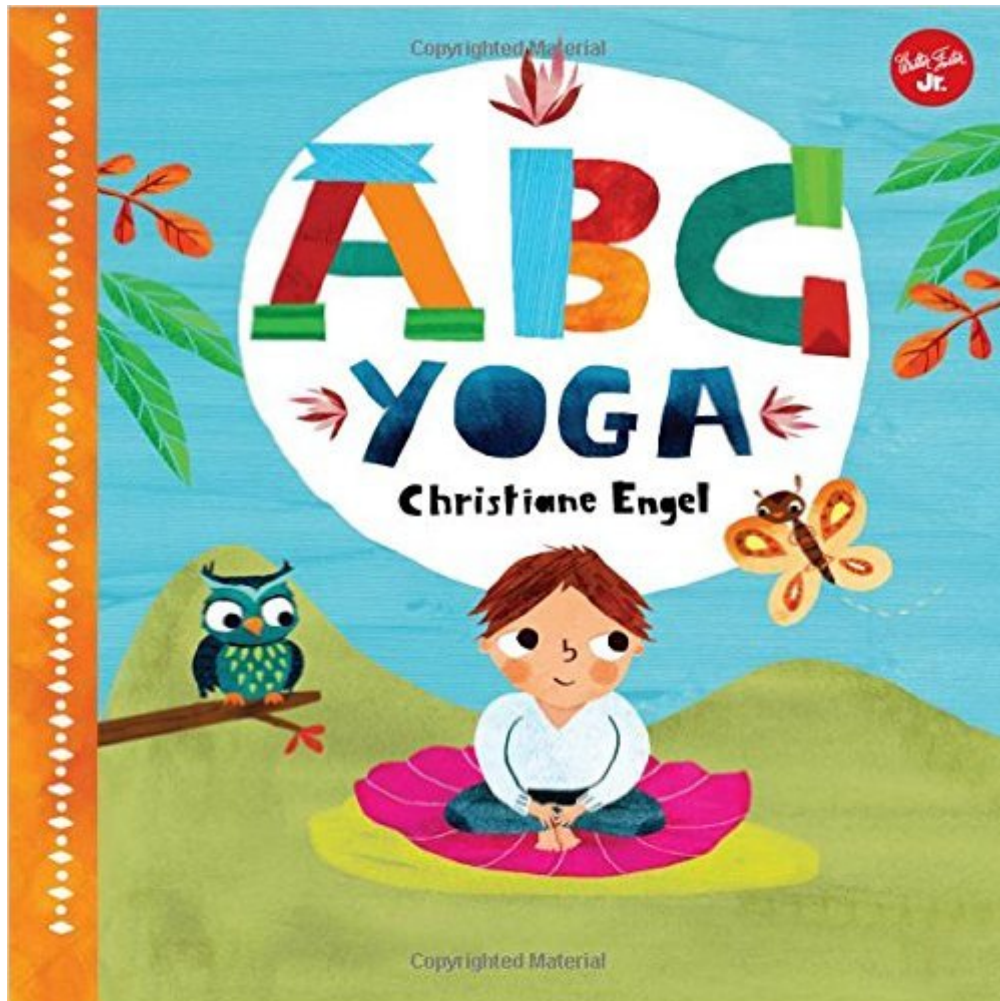


The book was found

# ABC Yoga: Join Us And The Animals Out In Nature And Learn Some Yoga!



## Synopsis

Pairing simplified yoga poses with alphabetized animals and objects, ABC Yoga features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement. A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being. Each letter of the alphabet is paired with an engaging illustration mimicking the various animals' natural movements. Clever rhymes explain how toddlers (and their parents!) can copy the poses, each of which encourage movement, physical fitness, and mental health. The 26 yoga poses, one for each letter of the alphabet, are renamed for easy understanding, while an index at the end of the book identifies the correct name for each asana (yoga pose) for the adults. The engaging illustrations and playful rhymes encourage children and their parents to get up and move, promoting physical activity, learning, and togetherness.

## Book Information

Hardcover: 36 pages

Publisher: Walter Foster Jr (September 1, 2016)

Language: English

ISBN-10: 1633221466

ISBN-13: 978-1633221468

Product Dimensions: 9.2 x 0.8 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #22,536 in Books (See Top 100 in Books) #9 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #10 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #50 in [Books > Children's Books > Early Learning > Basic Concepts > Alphabet](#)

Age Range: 3 - 6 years

Grade Level: Preschool - 1

## Customer Reviews

There are so many benefits for children who practice yoga. Yoga helps children manage stress through breathing and meditation, helps build concentration, develops body awareness, and helps with self esteem and healthy habits. Yoga is a perfect activity to introduce into your daily routine and even into your classrooms! There is a lack of gym time in schools and yoga is a perfect way to

integrate movement into the school day. You can use it as a transitioning device between lessons, as a pick me up in the afternoon, or a stress reducer before a test or exam. "ABC Yoga" is a wonderful resource to help introduce yoga to young children. Christiane Engel helps children discover yoga poses by going through the alphabet and pretending to be one of the animals. For example: when children get to the letter "g" they will squat down like a grasshopper. Each page is brightly colored and the poses are easy to mimic. @astoryaday

ABC YOGA by Christiane Engel is a super cute first yoga book for little ones. The large board book makes turning pages easy and inviting. The ABC format showcases animals and other aspects of nature to represent each letter of the alphabet. The poses invite children to imitate their favorite animals, which is great fun and encourages participation. Following the letter Z you'll find a short explanation of what yoga is and its benefits. The book concludes with a illustrated glossary of each pose. A colorful and charming introduction to yoga with lovely, clean, simple illustrations. I received this book for free in exchange for my honest opinions. I was in no way compensated for this review. My opinions are honest and my own.

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ABC Yoga: Join us and the animals out in nature and learn some yoga! Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals (P.S.) Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals How to Draw Animals with Colored Pencils: Learn to draw Realistic Wild Animals and Pets, Tigers, Parrot, Snake, Horses Leopard Dogs, Cats and More! How to Draw Cute Animals for Kids and Adults Learn Spanish Step by Step: Spanish Language Practical Guide for Beginners (Learn Spanish, Learn German, Learn French, Learn Italian) Learn French Step by Step: French Language Practical Guide for Beginners (Learn French, Learn Spanish, Learn Italian, Learn German) 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) The Wealth and Poverty of Nations: Why Some Are So Rich and Some So Poor ABC Universe (AMNH ABC Board Books) ABC's of Carolina: (For Gamecocks of All Ages!) (Collegiate ABC Books) BALLS: It Takes Some to Get Some Green Bay Packers ABC: My First Alphabet Book (NFL ABC Board Books) (My First Alphabet Books (Michaelson Entertainment)) ABC's of Mayan Culture (Historic ABC's) Wee Sing & Learn ABC (Wee Sing and Learn) The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich (Expanded and Updated) The 4-Hour Work Week: Escape 9-5, Live Anywhere, and Join

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