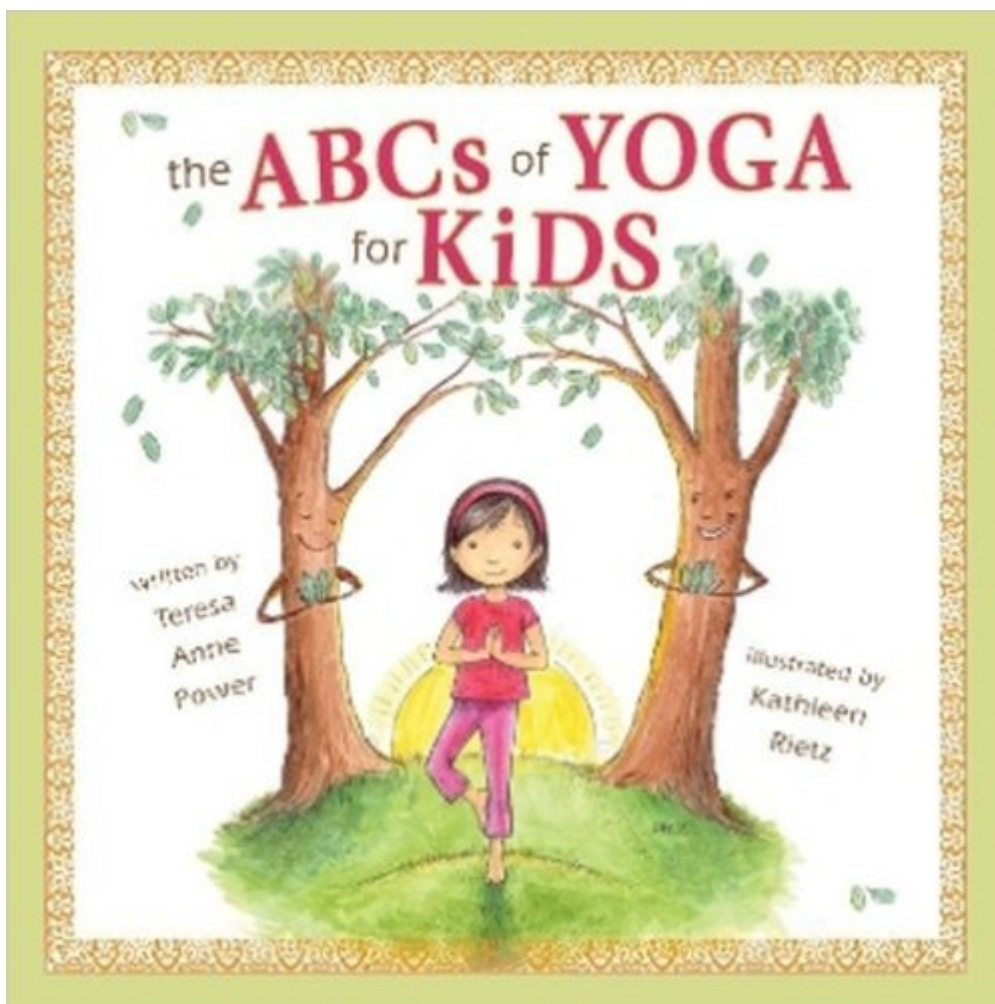


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# ABCs Of Yoga For Kids



## Synopsis

The ABCs of Yoga for Kids uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Each of the 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Yoga is a noncompetitive form of exercise, suitable for children (and adults) of all ages and athletic abilities. Any activity for young children is important because the nation, including our youth, is under siege by obesity, stress, and diseases like diabetes, which stem from poor diet and lack of exercise. Yoga for young kids will create good habits and a foundation for well-being. Children have a lot of fun learning new positions, new letters, and new ideas. This book will delight and bring joy to the early yoga practitioner. (2015-11-25)

## Book Information

Hardcover: 32 pages

Publisher: Stafford House; 1st edition edition (September 16, 2009)

Language: English

ISBN-10: 0982258704

ISBN-13: 978-0982258705

Product Dimensions: 10.2 x 0.5 x 10.2 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (75 customer reviews)

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Age Range: 8 - 12 years

Grade Level: Preschool - 3

## Customer Reviews

This is a lovely book for introducing young children (3-8 or so) to yoga poses, and for reinforcing their ABCs too. For each letter of the alphabet, one or more poses are offered, along with a rhymed verse describing each pose, and an adorable illustration of a child doing the position. Some of the poses are presented using the usual English translation of their name, such a Cobra under the letter 'C' or Downward Dog under 'D', while others are renamed to fit in the alphabet theme, like Dinosaur, Flower, or Flamingo. Both the pictures and rhymes are really cute. My kids, ages 4-6, like to do

each pose in this book in sequence. However, they also like to just have me read the book, while they look at the illustrations. Overall, I think this is a great book to get for your own kids, or as a gift for others.

My kids had so much fun reading the book and doing the poses. They enjoyed being able to do the poses on their own because the words and pictures are easy for them to understand and follow. When they were done reading the book and doing all the poses they really felt proud of themselves. A great book!!

I found myself teaching Yoga as part of PE for the first time to K-2 and was at a bit of a loss as to where to begin. I stumbled upon this book and thought it'd be PERFECT and even sprung for the pricy companion cards, thinking they'd make for two great lessons. I was anticipating a page per letter, w/words on one page and a large pose on the other. Instead, there are multiple poses for some letters and each page contains a number of letters/poses, none of which are that large. It'd be ok for reading/doing w/a kiddo or two, but was not ideal for an entire class setting.

we got a copy of this for my son when he was 1 and he still loves it at 2 1/2. We do a few poses every night before he goes to bed and he started showing his teachers and friends at school so we bought his classroom a copy as well. Nice that it incorporates yoga, the alphabet, and a little story with each pose.

True to yoga's philosophy of the unity of life, yoga's physical practice of bringing the body into balance and lot's of fun for kids. We especially enjoyed the Namaste song.

This book is wonderful! My 4 year old and I read all the time together, but as of now, he rarely takes a book out by himself. Except for this one. I'll catch him taking this book off the shelf by himself, opening it up and doing stretches/poses for about 20 minutes at a time. He's even started to create his own poses. Thank you!

I love this book. It has "yoga" poses for every letter of the alphabet and sometimes two for a letter. My four year old great-granddaughter and I went through the book a couple of times when I flew out to visit her. She made sure I didn't skip any poses. Most of the poses are associated with animals, so they're very kid friendly. A great book for fun and exercise.

I love this book and used the paperback copy (scholastic edition) so much with my weekly gymnastic classes that I wore out the spine. This hardcover edition is beautiful and sturdy. ABC's of Yoga teaches multiple yoga poses ( over 40 poses or more!)for each letter and has a charming poem for each pose that describes the body position and movement. The children love to look at the pictures and hear the poems. The best part is that my students will come up to me later in the week( after gymnastics day) and show me the poses that they learned that week! I highly recommend this book!

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