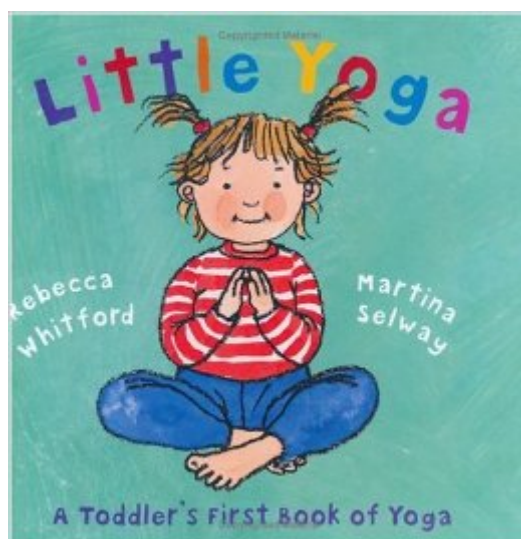


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# Little Yoga: A Toddler's First Book Of Yoga



## Synopsis

Yoga Baby spreads his arms out like a butterfly . . . Yoga Baby wobbles like a little bird . . . Yoga Baby says "time for rest" •ahh, shh, shh" A perfect introduction to yoga for toddlers Here is a playful introduction to nine simple yoga exercises for young children. Toddlers will enjoy moving along with Yoga Baby as they follow the basic poses. Unlike most books on the subject, Yoga Baby is aimed directly at preschoolers. This interactive picture book also includes helpful information for parents and educators. Fun, accessible, and colorful •it's a great way for little ones to discover yoga.

## Book Information

Hardcover: 32 pages

Publisher: Henry Holt and Co. (BYR); 1st edition (September 1, 2005)

Language: English

ISBN-10: 8230501181

ISBN-13: 978-8230501184

ASIN: 0805078797

Product Dimensions: 8.1 x 0.3 x 8.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews • (84 customer reviews)

Best Sellers Rank: #22,088 in Books (See Top 100 in Books) #6 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #7 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #85 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Age Range: 1 - 4 years

Grade Level: Preschool and up

## Customer Reviews

My daughter got this for Christmas and loves it. At 17 months old and she and her cousin, who is 2, do all the poses. Not always correctly but, they practice all the time. They always look for the book in the book shelf and have memorized the easy words and poses. It's adorable to see them becoming little Yogis! A fun book even for those that know nothing about Yoga as it relates the poses to well known animals and includes photos of toddlers doing the poses in the back as well as tips and an explanation for parents for teaching the poses correctly. As a former Yoga teacher, I highly recommend this book.

My two year old loves this book and quickly learned all the poses. The book has a few basic poses

which are renamed for the animal they mimic. For example, "standing forward bend" is renamed "monkey" because the pose resembles a monkey bending over. The illustrations and text are simple and the back of the book has photos of actual children doing the poses along with some parental tips. It's a great book and I highly recommend it. It's also a great gift idea for a young child whose mom practices yoga.

My 2 yr. old loves this book. The pictures are fun and easy to copy. It's a great way to keep her active when we have limited space.

Cute book, but my toddler already knew some basic yoga and I found that the poses in this book are mainly the poses she already knows. Down Dog, Cat, cow, child's pose, etc. I almost returned it, but I decided to keep it because I thought she might enjoy looking at the pictures of children doing the poses.

My 18-month old loves this book. Every morning she opens it and does the postures without any prompting from me. The illustrations are fabulous, as well as the photographs of actual toddlers practicing yoga. I've used the book as a springboard to discuss all sorts of topics .... especially temper tantrums. When my daughter is upset, I tell her to "breathe like a lion" to get her breathing and more importantly calm. I've practiced yoga for well over ten years and was hoping to introduce my daughter at some point. Little Yoga: A Toddler's First Book of Yoga enabled me to do so much earlier than I thought possible.

My sister (2 years old at the time) loved doing yoga with me and was starting to make me look bad with her natural flexibility! I wanted to find her a fun yoga book and checked out every single yoga for kids book and DVD from the library. This one was by far the winner. Some of the books were way too difficult and boring for her (My Daddy is a Pretzel) and some were just too weird (Wai Lana's Little Yogis VHS). The first time we read this book she immediately jumped up and started trying the poses, all of which are perfect for kids and not so difficult that they get discouraged. She loved repeating back the animal noises and demanded that we read it again the second we finished reading it! I also thought the illustrations were some of the cutest I've ever seen. The kids actually look like kids! I'm not digging the trend in kids' illustrations that make kids look like miniature emaciated adults. Anyway, after reading it everyday while I had it from the library, I bought it here on along with Sleepy Little Yoga for her birthday. Now, at the ripe old age of 3 she's mastered all of the

poses in this book and we can do the same poses together when I do yoga!

Adorable! I have several kids yoga books and I'm so happy to place this among them! My 26-month old loves it; it's easy for her to follow and the photos are a tremendous help. We've been playing along with the book the last few days and she still gets excited every time!

Great book. I used it the next day in my early childhood special education classroom. The poses were easy enough for my 3 & 4 year old students to do. They were also doable for this 50+ year old teacher. Only change I would suggest to the author is to not use the term "baby" throughout the book. I'm waiting for one of my kiddos to say, "I'm not a baby."

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