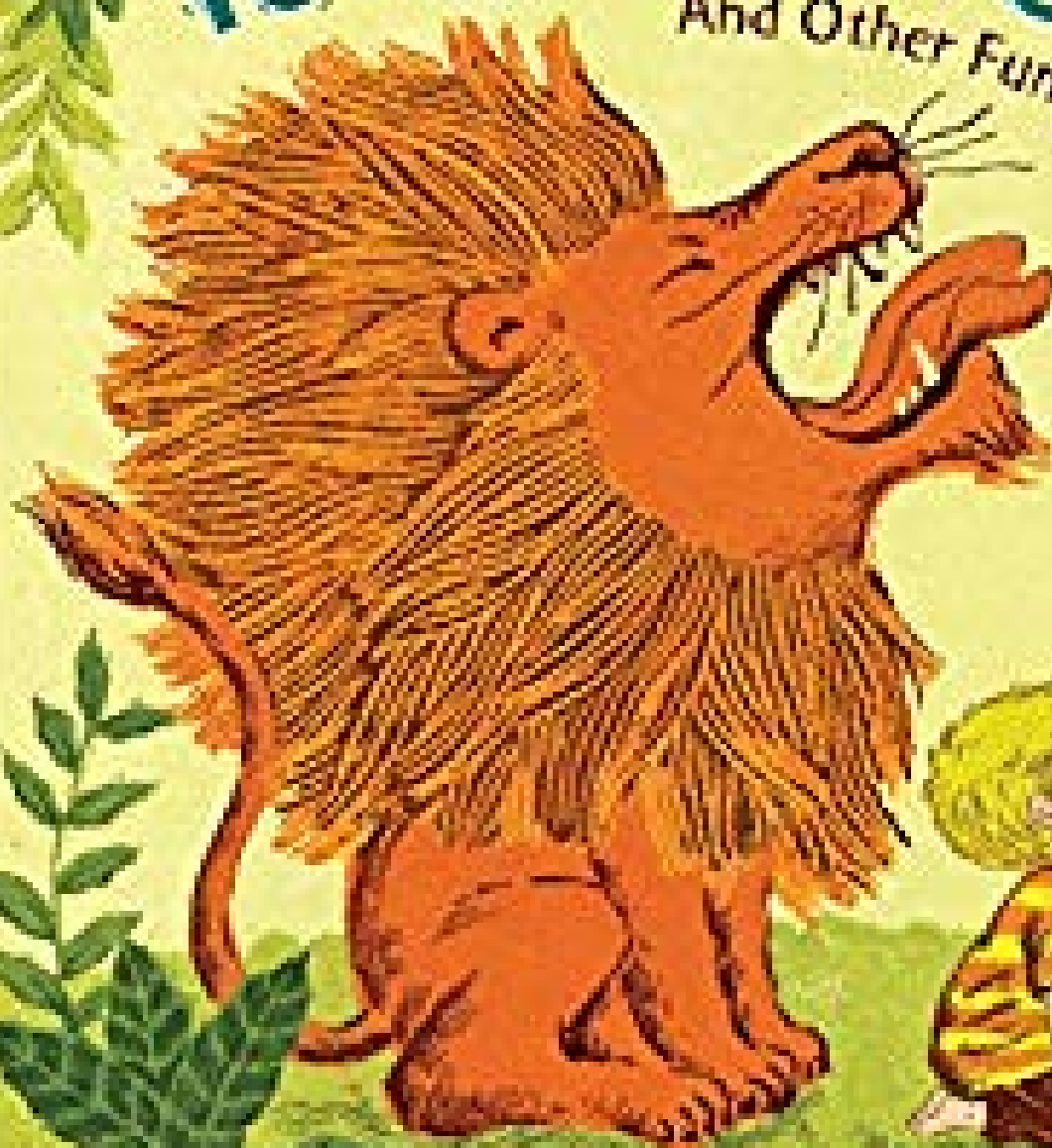


# You Are a LION!

And Other Fun Yoga Poses



Tae-eun Yoo

Taeun Yoo

## You Are a Lion!: And Other Fun Yoga Poses



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With simple instructions and bright, clear illustrations, award-winning artist Taeun Yoo invites children to enjoy yoga by assuming playful animal poses. The enchanting pictures of kids and pets and the lyrical text message get this to gentle introduction to yoga exercises a book to become treasured. Yoga is ideal for kids because it promotes flexibility and focus - and it's really relaxing great fun! And she sparks their imagination additional by encouraging them to pretend to become the animal - to flutter just like a butterfly, hiss such as a snake, roar just like a lion and more.



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What a great book! WE'VE browse the Little Red Seafood by . Just what a great book!.... I love this idea! Very fun. The reserve was illustrated properly. I was impressed and would definitely recommend. (Also, it's simple enough that kids can easily follow along if indeed they have never done yoga exercise poses before. My son really experienced practicing his yoga movements after we read this several times. to Yoga Such a great introduction for small children to yoga. They really enjoyed performing the poses while I read the book. Excellent intro to yoga book for small children Cute reserve to introduce children to yoga.! The illustrations are great as well. Great intro..! We'll end up being using this for years to arrive as his gross electric motor skills improve. My 1st quality Daisy Lady Scout Troop loved this book My 1st quality Daisy Female Scout Troop loved this book!! Extremely big strike with the 6-7 year older girls. Well structured, beautifully illustrated This is an excellent little book with beautiful illustrations and the delivery of the poses when it comes to the build up to them, the instruction for the poses, and the way the page turns to the final pose with it's name. We haven't go through it in a while, though, which informs me it is not his favorite. I highly recommend! Great introduction to Yoga for Kids I have already been doing this with my son for the past 4 months (he's almost 2) and he LOVES it. We get on our mats and read the book and do the poses. He'll go get the reserve and bring it to me when he wants to do yoga. Went great! We purchased for our nieces given that they . We purchased for our nieces given that they love doing yoga exercise with me. Used for K2 classes.) I absolutely love the way this is set up- it describes the . Delightful and artful! Very interesting, develops imagination at play, well crafted, bright pictures, and encouraging physical activity, all in a single, very good! My Kid Loves This! We've many yoga books for kids, and this is among our favorites! My son loves the poses and frequently requests the "animal yoga publication." It's a great way to introduce kids to yoga. Perfect intro yo yoga Wonderful book for beginning yoga. Our toddler today provides it memorized, she loves it. I absolutely love the way this is set up- it describes the pose first, and names it with a adorable little bit about the animal. Very brief, 7 poses- so excellent for children with a brief attention span . Children love it! Very enjoyable for children So much fun! My 20 month old can quite move his body in all the positions but does enjoy making the animal noises and imitating the kids when he can.! That is a great reserve to keep them amused and interested Five Stars Lovely for toddlers. Actually helped me have them into Yoga exercise! Went great! They treasured imitating the heroes posing in the reserve, and they enjoyed guessing which animal each character was posing like before I switched the page and revealed it. which tells me it isn't his favorite!!! very good! WE'VE browse the Little Red Seafood by Tae-Eun Yoo many, many times, so go obtain that one, too! This is a great book to keep them amused and interested I really do yoga with kids. My children love this book!



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