

# I AM YOGA



BY SUSAN VERDE · ART BY PETER H. REYNOLDS

Susan Verde

I Am Yoga



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The companion to the instant #1 New York Times bestseller, *I Am Human* being! An eagle soaring among the clouds, a star twinkling in the night sky, a camel in the desert, or a boat sailing across the sea . . . New York Times bestselling illustrator Peter H. Reynolds encourages kids to explore the globe of Yoga exercise and make room within their hearts for the world beyond it. Yoga gets the power of transformation. Reynolds teams up with author and certified Yoga instructor Susan Verde in this book about creativity and the energy of self-expression. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything can be done.



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I am Yoga I really like this little reserve. I am 64 years old with health issues and it is usually very difficult for me personally to exercise. I came across I sleep much better too after carrying out these. I can do everyone of the poses and I can feel where it really is stretching those lazy muscles. The very best yoga book for kids I love this book. Therefore, I decided to try these "baby" methods and I am amazed. I teach yoga exercise and was happy to purchase this for a friend of mine. The many simplified and honest description of yoga I have every read. Very honest explanation of yoga Fabulous. Since kids are apt to skip the fine print, you might want to point this out to your young reader. The poses are just 1/8th of all limbs of yoga exercise. The best on the subject, for kids , that I have seen. I go through it daily with my two season olds and it quickly became a common. It's not difficult that they don't really lose focus . The author has also given an index of all the poses with detailed descriptions by the end of the book. Not merely is this about yoga poses but it is also about how yoga exercise allows you to stay calm and feel better when issues aren't going the right path. This book describes how exactly to move your body and slow your brain perfectly for young children. I browse it daily with my two calendar year olds and it quickly became a common. It's simple enough that they don't really lose focus plus they enjoy searching at the neatly illustrated techniques. I ranked 1 because I have seen better. Great simple yoga book for children!. I really like that part of the book. We've several yoga books for children but that part is unique to the book! Oh, and my kids love it too! The 7 and 4 yr old appreciate it be most however the 2 yr wants "trying" the poses as well :) Board publication missing second and third page of the entire book - don't buy table book version This is an excellent book and tool for teaching yoga to kids. It is rather short and basic, but is effective for getting young children (target age 4-6) with short interest spans to stay engage through a very brief but well rounded series of asanas. After my time reading it to my girl using the kindle version she had most of the lines and linked poses memorized.I wanted to have hard copy, so I opted for the board reserve, and was disappointed to find that it had been missing the second and third web page, with the part about the lady feeling like she doesn't fit in and things spinning so fast. They weren't torn out or anything like that, they simply were not part of the book. I'm not sure if it had been a counterfeit copy or misprint, but amazon did refund my purchase and allow me to keep it, so I can't complain.. Great Great small book for kids We don't trust Amazon's source to get the hard copy following this incident, so visited another vendor. Fantastic book and teaching aid I love this book! It really is perfect for my class of 5 - 8 calendar year olds, and will be very helpful for older kids simply learning yoga positions. You can understand, so may be used for younger kids, but it may be a bit miss toddler/preschool age. It takes about 20 mins to read and feel the poses with a cooperative class. What a terrific way to introduce one to the motions of Yoga exercise. My nephews sat still through the entire book, tried every pose and got a great time. I loved it therefore much, I purchased myself a copy too. The story is simple and relatable to all or any ages. It covers simple poses in a lovely way. 5) to greatly help them find out more about yoga. Bought this for my seven season old! She adores ... I felt myself developing calmer as I go through the books. Wholesome This book may be the truth seen easy for kids. Serenity in 3 Slim Volumes I happened upon a single and immediately bought all three books in the series. She loves it. I really like the holistic lessons discovered and the yoga pose index by the end. Lovely! We loved this book. Such an essential message for both adults and children: inspiring us to self-engage when under or over-whelmed by everyday situations. The world requirements more books such as this one. A calming book I really like this book! The written text guides the reader towards calm, peace, serenity. A straightforward read for children! Love the reason and illustration off posses p A book that can bee used to teach students and children yoga exercises! Illustrations are clear, vibrant and easy to interpret.. Wonderful Book I bought this publication for my nephews (3 & The opening words "There are times when I worry in what might happen next and what occurred before" appear to define my every second. I think my sister would enjoy this book. It's ideal for when things start to get a bit crazy and you will need to calm down, or simply a great begin to the day!

Sorry : ??? Not really a kids book.. having said that it kind of renders the reserve useless and I went ahead to get a hardcopy and trash the edition I received (I sensed it wrong to actually donate if it had been in fact bootleg). Namaste, Namaste. There is a peaceful, simplistic sense of presence when you read this. Written for "kids" of ALL ages.. I was hoping there was even more of an instructional factor to the tale, but this works as well. I was not disappointed. While I purchased them for my child to help her on her search for satisfaction in these troubled times, I pre-read them. Bought this for my seven season old! First got it as something special for my friend's daughter and will buy some more for the same purpose. The illustrations are peaceful, calming and radiant. I Am Yoga, the first in the series, helped me to gain an understanding of yoga exercises which experienced previously eluded me - and I love yoga! Included in the back are a group of simple yoga exercise poses for children. A lot of people think yoga exercise is a pose, but it is much much more. I am Peace: A Publication of Mindfulness hit house. I am yoga I can't stand how short it is. It's not so much that I'm a worrier as that your brain always seems to be involved in mulling over past occasions and preparing for what's next; surviving in the moment is not exactly our culture's strong suit. Hence the necessity for Mindfulness. There exists a beautiful guided meditation in the back of the publication. I still have a long way to go to best the poses but that is a great start. Get this for friends, and kiddos as well. The illustrations are simple but peaceful, absolutely perfect. I would give this reserve itself a 5 superstar rating, but only went with four to ideally keep other people from buying this plank book copy.



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