

Luke's

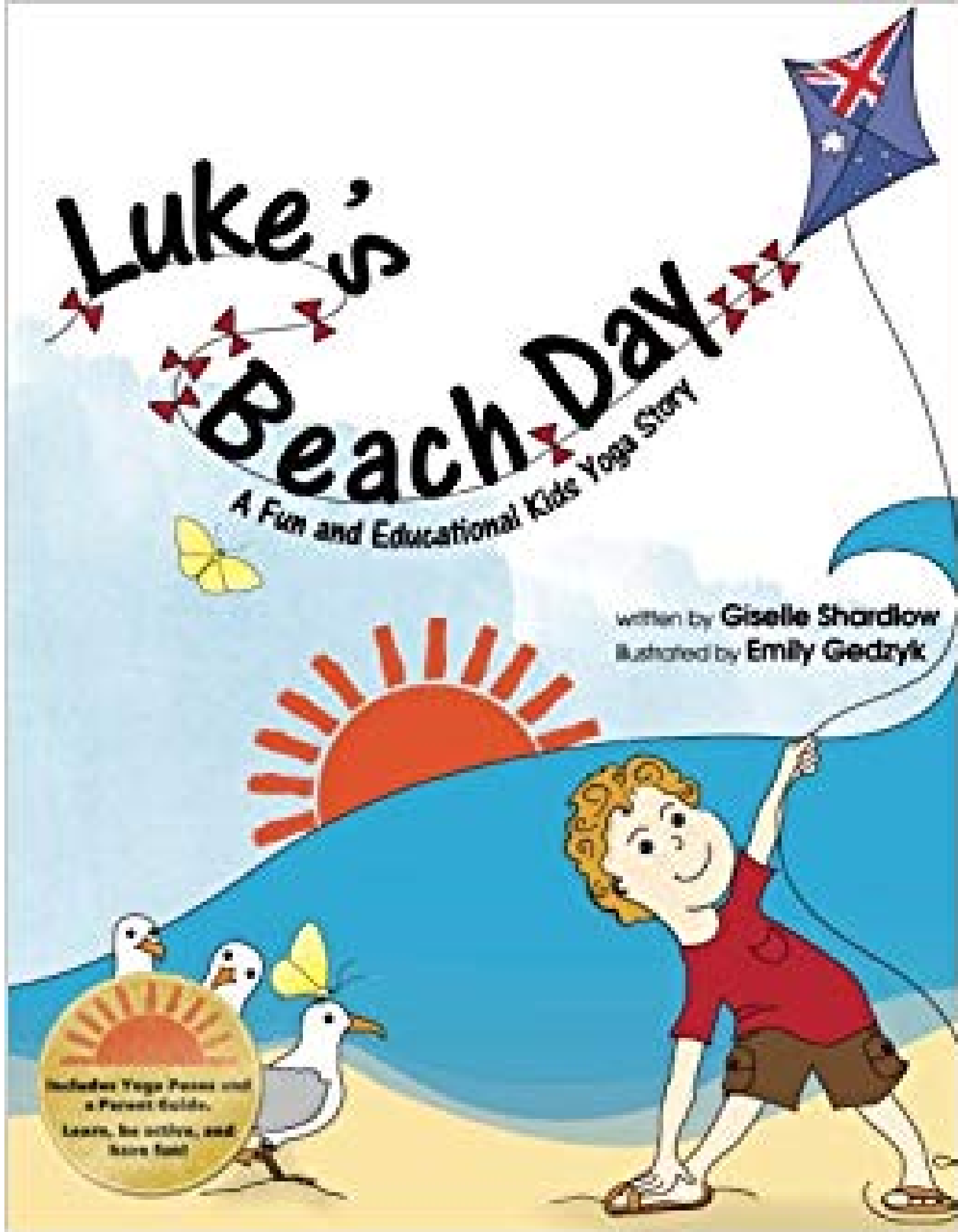
Beach Day

A Fun and Educational Kids Yoga Story

Written by **Giselle Shordlow**

Illustrated by **Emily Gedzyk**

Includes Yoga Poses and
a Parent Guide.
Learn, be active, and
have fun!



Giselle Shardlow

Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories)



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Give YOUR KIDS the HEALTH BENEFITS of Yoga with this Kids Yoga Stories Beach Adventure Book. Join Luke's beach experience. Reading is good for the mind AND body! Kids Yoga Stories present you to engaging heroes who will get your child laughing, moving, and creating. Learn something new, explore movement, and have fun together! What else might you discover? Hop like a kangaroo, perch just like a sea gull, and rest such as a sea superstar as you work out this trip on an East Coast Australian beach. The tale links several yoga poses in a particular sequence to make a coherent and meaningful story. This book for a long time 4 to 8 is normally more than a storybook, but it is also a distinctive experience for children.



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and the youngsters love stopping every so often in the story to try . And the story ends with rest and friendship, which is usually what we have to be teaching even more to kids of all ages!. I take advantage of this when I teach youngsters yoga. It goes well with a summer months or beach themed course, and the kids love stopping once in awhile in the story to try the poses. a good easy-to-read font size. We am a children's yoga instructor, and I really like all the books from Kids Yoga Stories, especially this one which has the corresponding poses listed on each page... his friends clean up along the way in their experience at the beach!* The book comes in English & Many thanks to the author for wonderful kids yoga books :) Children's yoga beach themed book. Giselle's interest and love for kids shines through* Like the inclusion of Savasana by the end of the publication. The beach theme is great for summer time classes and the children love the poses. another great story another great story to share yoga with children!* The book has bright vibrant illustrations & I also like the pose guide at the back of the reserve and the helpful hints to parents and teachers... A definitive new favorite around here. Peace sign earrings Loved them! Graceful and delicate with great backings. Let me order more out of this vendor. highly engaging and a lot of fun A perfect companion piece for a child's regular Yoga class. Basic illustrations presented in an engaging manner, make exceptional joy of Yoga extremely easy. This makes it simple to keep the movement in a kids yoga exercise storytime specifically for those who are not used to yoga and could not know all the poses. Spanish versions. This book is intended for a long time 3+ and I am looking forward to purchasing Maria's day at the ocean for the younger kids.* Each web page in the book includes the targeted pose in bold font in the text &. Another fun book from Children Yoga Stories! Additional details are provided in the back of the publication.* There are 18 poses in the publication. Giselle's Yoga Tales are all beautifully written and illustrated. For an extended class, you could add poses for other pets or things you may see in the sea or at a seaside and talk about eco-friendly choices to extend the theme. Recommendations are provided in the book. We have other yoga books, but my child prefers this one! safe yoga exercises storytime for children. The story follows Luke and his friends at the beach, discovering sea lifestyle, boats, and litter! Encourage each young one to tap into his or her own creativity and imagination through movement and breath. Welcome peaceful times for reflection. Pause often. all the children are smiling, which teaches kids that exercise is fun! an image of the pose in the top corner..". Another great book simply by Giselle Shardlow for teaching yoga to children. These tales are so excellent because they are to begin with stories with yoga poses included. Best for beginners. Love all of Giselle's book as they are easy to stick to and have beautiful illustrations! Here's what I love about the reserve:* Great eco-friendly theme simply because Luke & This is the perfect way to take pleasure from reading together while getting your children moving. Like this: "Ooze creativity, imagination and abundance. Luke is bothered by the trash and ensures to put it all in the garbage can, setting an example and teaching readers to do the same. The publication includes a list of all of the poses found in the publication, including Kangaroo pose (fun!) and Sun Salutations. There is also a list of ideas that are helpful for people who have by no means done yoga with kids (it is definitely different than doing yoga exercises with adults! We enact this story when we teach our kids and their friends yoga, and because they know what going to the beach is about they understand the idea of incorporating yoga to their everyday lives. Love most of Giselle's book because they are easy to . I really like that as I go through a tale to my classes, the kids automatically go in to the poses that they observe in the top corner of the pages . It is easier than trying to hold a book also to demonstrate a yoga exercise pose at the same time. Giselle Shardlow has generated another invaluable source for parents, teachers, and kids yoga instructors wishing to share yoga

exercises in a great, healthy, and eco-friendly way.-Carolyn Clarke, writer of Imaginations: Fun Relaxation Stories and Meditations for Kids Giselle's Yoga Stories are all beautifully written and illustrated This is among my son's absolute favorites! Plenty to fill most children yoga classes for the targeted a long time (4-8 year olds). Thank you so much! Perfect for my three year old I received a free copy of this book in trade for my honest opinion about any of it. I really like the eco-friendly theme to the book. It's the perfect length for my three yr old to sit down through while giving her an excellent workout. I mean, what kid doesn't obtain wiggly during story period?Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2Speech-Vocabulary PathologistFounder of OMazing Children, LLC - inclusive wellness activities for kids of all abilitiesFacebook: OMazingKidsYoga Another great Children Yoga Story Luke's Beach Day teaches children's yoga exercise and environmentalism with a lovely story and easy-to-follow yoga exercise pose photos on each web page. We are studying ocean animals right now and this book is a great tie-in.can't wait for more.* THE YOUNGSTERS Yoga Stories Guideline section at the end of the reserve is full of great tips for establishing a fun & A fun yogic day at the beach...wherever you are! "Luke's Beach Day time" is ideal for getting children to think of performing yoga anywhere, anytime.). Giselle's storytelling talent is also evident in how she incorporates fun phrases into the story, like "Slip, Slop, Slap", which is a good way to have educate the message of sunlight safety: placed on a t-shirt, sunblock, and a hat. And there's a clear message about looking after the environment and pets that runs through the entire story.. The illustrations are great.. Remember, it's not the end result, but the trip where miracles happen.. My kids enjoy this story. I virtually know it by center now!



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